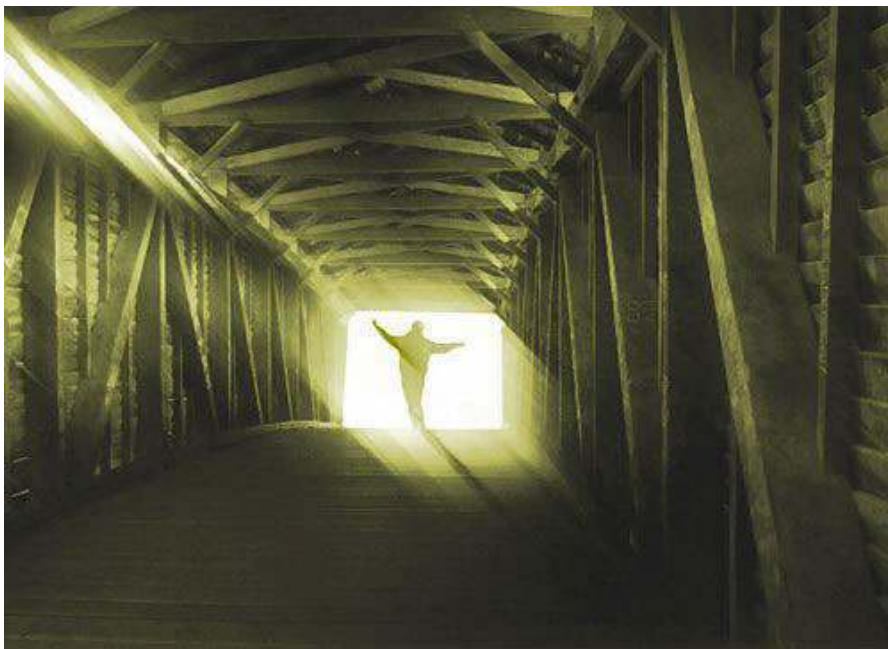


*The Future is Here Now:*  
*Steps to Accessing Fifth-Dimensional Consciousness*  
*By DL Zeta*



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Cover Photo: Light at the End of the Tunnel

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*We are now in the age of the "Great Shift" in human consciousness. This shift is made possible by the light that has been coming onto the planet by ever increasing amounts for the last 20 years. This light is carrying information from the Fifth Dimension...the realm of love where our higher consciousness resides. This light speaks to our inner being, nudging us to awaken to our full potential and remembrance of who we really are and why we are here. –Gregg Braden*

*"There is a fifth dimension, beyond that which is known to man. It is a dimension as vast as space and as timeless as infinity. It is the middle ground between light and shadow, between science and superstition." –Rod Sterling*

## Introduction: Fifth-Dimensional Consciousness Is Here Now

You are living in a powerful and transformative time when greater light shines from the heavens onto the Earth plane. This influx of light is triggering a series of inner shifts and transformations that will ultimately change the shape, appearance and workings of your "outer" world. These changes in collective reality usher in a time when Earth exists primarily in fifth-dimensional frequencies. These shifts in consciousness have been prophesied by the great seers of every time frame. This is the essence of the New Earth.

## Beings from the Future and the New Earth

Shifts began taking place in the hearts and minds of many beings over centuries, with the final staging of consciousness taking shape in the last hundred years. Large numbers of "beings from the future" began incarnating to the Earth in the late 1800s. Each decade since that time has seen a greater influx of beings arriving here to seed consciousness and pave the way for the New Earth. These beings speak about human rights and respect for all life and the planet; they advocate equality and unconditional love; they bring forth understanding of quantum physics and other innovations that reflect spirit's vast capabilities.

## The Rapid Decline of Misaligned Energies

The essence of these beings' role is anchoring greater light on the Earth to help accelerate the transformations taking place. As Earth's energetic resonance rises, you will see many aspects of collective consciousness fall away. Those aspects of reality not aligned with the new frequencies are simply demagnetized.

This is why you're seeing many institutions, ideas, patterns and ways of being fall away now. If you examine those energies being phased out, you will find they contain unholistic frequencies incompatible with the energies of the New Earth.

## Stepping into Fifth-Dimensional Consciousness

Your conscious mind may not believe it's possible to access fifth-dimensional consciousness from your present moment. This old pattern of thinking "you can't get there from here" has held human beings in spiritual bondage since time began.

In the beginning, this was by design. In order to experience true freedom of spirit, it is necessary to experience limitation and bondage. The collective consciousness has completed this "limitation" phase of the experiment, and the next phase of unlimited freedom is now readily accessible.

In order to step into the vast, unlimited nature of your being, it is necessary to "see-through" the illusion of your enslavement to the way things have been. This is done by releasing old habits, beliefs, attitudes and perceptions that tie you into limited ways of being.

The main purpose of Earth changes and the challenging times you are currently experiencing is to break you loose from these old habits and perceptions, to "stand back" from your present "identity self", and see yourself through the eyes of spirit. From this unlimited perspective, you're free to step fully into fifth-dimensional consciousness.

## Signposts of the Great Shift

In this book, we'll outline the shape of the transition to the New Earth. We will help you better understand this transition time when third-dimensional energies are still in place while fifth-dimensional consciousness pulses in the hearts and minds of many. Even as fifth-dimensional consciousness moves into full flower, seventh-dimensional consciousness is being seeded. Some beings have chosen to explore well beyond the seventh dimension, but this is done with understanding and acceptance of the changes this manifests in one's physical reality and the greater levels of responsibility that accompany it.

## Chapter One: Tuning into the Broadcast of the New Earth

Even as the world you have known flickers amid dying embers, the New Earth is already alive in its own timeframe and "broadcasting" a signal you can tune into.

Since all time is one, the New Earth has always existed in its own "time zone" in the universe. The great seers of every age have perceived this time when a new harmonic is set into place on the Earth.

In the present timeframe, you don't have to be a prophet or spiritual master to sense the vibrations of this new time. This is because you are now entering an energetic location on the map of human consciousness where the pulsings of the New Earth are stronger than ever before. If you are open and spiritually attuned, you will receive information and guidance from future selves and members of your soul group already residing in this new location in time and space.

### The Broadcast of the New Earth

Every aspect within consciousness exists as a vibrational frequency. In the course of your life, you have passed through many energetic locations in consciousness. For the sake of clarity, we can imagine these locations existing along a continuum. Some are closer together, some are further apart, in accordance with the Law of Attraction (like attracts like). Your ability to perceive a location in consciousness is governed by the Law of Attraction. Your vibrational frequency determines which locations on the map of consciousness you perceive and experience within your present moment.

Those of you have chosen to "tune into" spiritual consciousness are able to "pick up" on the vibration and broadcast of the New Earth. The more you hold your focus and attention on this location in consciousness, the more you energize it into your physical reality. As you hold your focus on fifth-dimensional consciousness, you receive information "downloads" that guide you to more fully experience these energies. The steps are different for each person depending on the lessons they are currently working with – in other words, where they are located on their unique journey of becoming.

### "Downloads" in Dream States and Waking Consciousness

Some of you have already begun receiving downloads in consciousness. At times, these arrive in your dreams and at other times, in waking consciousness. One common theme of these downloads involves "cities of light" where many souls join together in consciousness to anchor new and greatly expanded energies.

Many of you visit these "inner" cities during your dream states. It is during these visits that you meet in consciousness with fellow beings with whom you share the purpose of helping human consciousness make this "shift of the ages" as it is sometimes called. Over the next few years, you will find these beings showing up in your physical world to join with you in coaching and assisting others who are just beginning to integrate the new energies into their physical existence.

During these downloads, you may receive visions of projects you will undertake, or areas of study that will bring you into greater self-realization. Many of you who have been practicing intuitive skills and absorbing knowledge and wisdom from your

teachers will now be asked to "step up to the plate" as teachers and leaders for those who are a few steps behind you.

Other downloads may bring awareness to aspects of yourself in need of healing. As you take steps to heal yourself at all levels, you gain greater access to fifth-dimensional consciousness. Unhealed parts of yourself often serve as "gatekeepers" barring the way to advanced consciousness. This is designed to protect and assist you rather than hold you back. This is similar to the rules in your world that govern a young person driving a car. To drive requires learning the necessary skills and "rules of the road."

#### Opening to Moments of Insight and Synchronicity

While many downloads arrive in dream states, you may find there are moments in your waking world where you spontaneously receive information. These "waking" downloads most often arrive during moments when you are deeply absorbed in something that brings you joy, therefore bringing you into closer resonance with your spirit and higher self. Examples are artwork, writing, dance, meditation, yoga, tai chi, walks in nature, listening to music - basically any time you step outside linear time into "no time".

Often you first encounter "downloaded" information in dream states and forget the details upon waking. Practicing writing down your dreams will help you remember spiritual downloads on a more consistent basis.

Even if you don't recall a dream download upon waking, it may come back to you at a later time. This often happens when you encounter something in your waking reality that "triggers" a memory of a dream download, prompting you to recall the information. These spontaneous memories are true "aha" moments when you arrive at a place of crystal clear insight and inspiration.

Be sure to act on the information you receive from these downloads. This information is golden because it lights the way to the next step of your journey. As you trust and believe in spiritual downloads, resources and synchronicities arrive to bring these visions into reality. This is the essence of what you call "magic" and "miracles" in your world.

#### Signposts of Fifth-Dimensional Consciousness

Some who are already traveling into fifth-dimensional consciousness still hold uncertainties and doubts that make it difficult to fully acknowledge this is happening.

To help you recognize those moments when you are more closely attuned to the broadcast of the New Earth, we offer here some signposts of fifth-dimensional consciousness:

- 1) A sense of inner peace and joy "for no reason at all."
- 2) A feeling of expansion and unlimited possibility.
- 3) A belief that everything that has ever happened in your life is part of divine perfection. This allows you to release all feelings of victimhood and take 100% responsibility for everything in your life.
- 4) A feeling of love and compassion for every aspect of yourself, which you naturally

extend to all others.

- 5) The perception that you are abundant and able to call upon the vast unlimited resources of the universe.
- 6) A sense of purpose that is aligned with your highest vision.
- 7) A desire to heal and grow and assist others with this process.
- 8) An ethic of stewardship aimed at respecting and protecting all kingdoms on Earth -- animal, plant and mineral. This grows from a respect for the spark of life force in all forms.
- 9) The ability to transform every situation you encounter. This acknowledges the unlimited powers of your being and helps you see through the illusion. From this place of clear-seeing, you're able to view the world around you through the eyes of Spirit.
- 10) The activation of advanced intuitive abilities such as clairvoyance, clairsentience and telepathy. These gifts allow you to tune into the transmissions of your higher self.
- 11) A surrender to the divine will of the universe that allows greater alignment with universal laws and the highest good of all.
- 12) A willingness to release the past and open to the new. As you grow, you're able to jettison old scenarios but retain understandings gained through creating them. This allows you to step free of old identities and adopt new ones you need to grow and learn.

Recognizing and embracing the signposts of fifth-dimensional consciousness helps you home in on the broadcast of the New Earth. This allows you to further entrain your consciousness to this new and expanded time. As you further align with fifth-dimensional consciousness, the broadcast you send out to the world becomes more aligned with the essence of the New Earth. This draws you into communion with others who are waking up and tuning in, and with those who share your purpose of shifting human consciousness to this new octave.

As those who have volunteered to anchor these energies unite, the frequencies of the New Earth become ever more accessible, ushering in the new and expanded possibilities of this "golden age."



## Chapter Two: You Are the Next Step in Activating the New Earth

Many of you are currently in a "waiting" space. You are observing the changes taking place around you and waiting for the next step to open before you. This next step is often perceived as a great opening in human consciousness where love, world peace and blessings flow in abundance. This is occurring, but some aspects of the New Earth are still not widely understood.

The next step may not be exactly as you have perceived it, and this is why there is a sense of waiting and uncertainty. Remember, it's impossible to enter a new space by continuing to do the same things. Only the new can activate the new. To step into the new, you must become the new. You must bring your energy into alignment with the New Earth.

To take this step of activating energies still latent within your consciousness, it is necessary to look closely at ways in which you are still habitually entrenched in old energies and old ways of being. Fifth-dimensional consciousness is accessible within your present moment. If you hold beliefs or attitudes that say otherwise, it's time to examine ways you're blocking your access to these energies.

### The Nature of the Karmic Wheel

A belief that binds many into third-dimensional consciousness has to do with karma. Many still habitually see themselves as needing to satisfy karma, whether it is from this life or another. This is similar to the perennial student who has difficulty leaving the university setting. The final stage of "graduation" requires you to take on a new level of self-responsibility that allows you to move beyond cause-and-effect.

What you think of as the "karmic wheel" is simply a set of universal understandings set forth as the curriculum of Earth school. Each being that incarnates to Earth arrives with the goal of furthering their understandings and gaining needed insights and experience. At some point after many, many incarnations, you complete these basic understandings determined by the same laws that govern the universe.

### The Challenge of Stepping off the Karmic Wheel

You may find yourself feeling some resistance at this point. You may be saying "it's not that easy to step off the karmic wheel." Deep down, you may feel you don't deserve to live free from the duties of preconceived "lesson plans." This is not unlike the person graduating college who must now learn to design their own curriculum and lesson plans without the input of their team of advisors. It's not that you will no longer undertake new areas of growth and exploration, but that you will now consciously choose and design these areas. This requires you to take 100% responsibility for every aspect of your existence.

This is what life is like beyond the confines of the karmic wheel. You step into the identity of "captain of your own ship." From this point of empowerment, there is no longer any illusion of blame or victimhood. As an empowered individual, you meet each new challenge in your life with an open heart and mind, ready to embrace new levels of understanding. From this perspective, you are no longer a burden on those around you. Instead, you lift others up with the gift of your life working.

## Your Karmic Debts Are Paid

Many old souls have already paid the price of admission to this new time. You have paid your karmic debts. You have completed all homework and lesson plans. You have examined yourselves repeatedly, taking great care to connect with your guidance and putting into place all that has been asked of you. There is nothing keeping you from entering the fifth dimension.

Understand, you cannot be forced to step past karma. In a free-will zone, you are free to grow through suffering and exist in state of limitation. This is a choice. What we're telling you is that you are free to enter a place of fifth-dimensional consciousness and step into a new dimension within your own consciousness.

We offer here a "snapshot" of a soul that has satisfied karmic lessons:

This soul has practiced the ethic of good stewardship on the Earth, honoring and nurturing all kingdoms of life on the planet. They have willingly assisted those who walk two steps behind them, opening doors and mapping every frontier they encounter that others may walk more freely there. They have come into the understanding that what they do to another, they do to themselves; they have learned to see through the illusion, to joyfully greet all circumstances in their life as learning experiences, and to readily transform all energies they encounter with unconditional love. They have set their highest intentions, cultivated high-vibrational energies within, and radiated the light of spirit to all they encounter.

If this is the path you have followed, we congratulate you for your efforts. You may now receive your diploma and step off the karmic wheel.

If you still have some areas to complete, you can use the above description as a blueprint for bringing about this completion. You may also find it helpful to undertake a journey of self-examination to identify areas of your life you need to bring into sharper focus.

## The Journey of Self-Examination

In order to step fully into this new dimension, you will need to examine every habit, every remaining attitude and belief that binds you into the third dimension, tethering you to the karmic wheel.

Examine the vibration of what you put into your body. Do you put low-vibrational packaged, toxic, irradiated and energetically dead foods into your body? Drugs, alcohol and pharmaceuticals can also contribute to a low-vibrational existence.

Examine your habits. Look at what you do on a daily basis. Are your habits lifting you higher, leading you to a time of greater love and peace, or are they leading you into more of the same limiting energies you have experienced over and over?

Examine your emotions. Do you blame others for any aspect of your existence? Are you engaging in self-pity and feeling yourself a victim of life? Are there any ways in which you burden others by refusing to take complete responsibility for yourself? Do you often experience negative emotions and feel the world is against you? If so, it is time to go back to square one and study the Law of Attraction and other universal laws. This is the path to understanding how the universe truly works.

Examine your vision for your life. Is it limited in any way? Do you receive visions that you write off as "undo-able"? What do you see for yourself? What is your current identity? Is it in need of an update? Examine any ways in which you limit who you can be and what you can do.

As you examine and address each of these areas, you are able to snip any strings that still hold you into third-dimensional consciousness. Once this is done, you are free to step into the next version of yourself, the "you" who is free of karmic debt and experiencing the vastly expanded energies and flowing blessings of the New Earth.

### Chapter Three: Barriers to Experiencing Fifth Dimensional Consciousness

You may experience a level of skepticism when we tell you fifth-dimensional consciousness is available in your present moment. This is especially true of those who are still having difficulties. You say, "If I were truly living in the fifth dimension, my experiences would be flowing more smoothly." It's important to understand that while the fifth dimension is accessible to you, it's not mandatory. This is the difference. In order to step into a room, you send a signal to your feet and legs to move you forward. It's the same with stepping into the next dimension. You must set an intention and propel yourself forward.

Some of you say "But I have done this. I set my intention and propelled myself and nothing happened." If this is the case, consider if there are ways in which you aren't fully embracing the infinite nature of your being. Examine every aspect of your being to determine if lingering, residual thoughts, feelings and beliefs are anchoring you into third-dimensional consciousness. Once you accept you are the creator god of your own reality, you will find yourself becoming increasingly aligned with the powerful nature of your Divine being.

#### Self-Pity as a Third-Dimensional Anchor

The greatest single barrier to entering fifth-dimensional consciousness is the emotion of self-pity. Self-pity is the doorway -- the catalyst so to speak -- for many troubling and weighty emotions such as anger, jealousy and resentment. We are talking about the whole gamut of negative emotions.

Underneath the emotion of self-pity lies a convoluted maze of thoughtforms. Distilled to their essence, these thoughtforms bind you into the illusion of hapless victimhood. Self-pity denies the Divine nature of your being. In order to experience self-pity, you must on some level believe you are a small and hapless being in a very big and scary universe.

#### Karmic Blueprints and Your Wounded Inner Child

As a child, it's easy to believe you are a small blip in a big and insensitive world. As you grow in spiritual understandings and reconnect with understandings gained in other lifetimes, this helplessness fades. That is, unless some part of you remains trapped in a "wounded inner child" perspective. From this perspective, it's easy to believe you were victimized by your parents. Many still cling to the belief that emotional wounding they suffered in childhood binds them to irreversible circumstances. This is limited thinking. Once you understand that you chose your parents with full knowledge of the experiences they would offer, you're able to free aspects of your consciousness still trapped in childhood traumas. This emotional freedom helps heal your sacred wound. This wound usually occurs before seven years of age and stamps out the "karmic blueprint" you will work with throughout your lifetime. This karmic blueprint is derived from previous lifetimes and represents understandings you intended to gain in present time. (For more on the sacred wound, see Chapter Seven: Stepping into Emotional Freedom, Chapter Eleven: The Role of Chaos in Achieving Fifth-Dimensional Consciousness and Chapter Twelve: Building the Dream for a New Time on Planet Earth).

## Self-Pity as Prerequisite for Negative Emotions

You may be surprised to learn self-pity is the most used emotion -- and the most useless. Self-pity must first exist before fear and anger can come into play. Feeling sorry for yourself creates negative emotion. Self-pity denies you are an all-powerful being who set up the circumstances of your life prior to your birth. It denies you access to the gifts of each experience you create in your life. It denies you access to inner peace and self-love. It denies you hold an important spiritual purpose for your present lifetime, that you are a wise and powerful being with a vast array of spiritual gifts and talents.

The key to moving past any tendency toward self-pity is accepting responsibility for one hundred percent of your reality. When you accept you are the creator of your reality, you short-circuit any tendency toward self-pity. This allows you to align with the powerful essence of your Divine nature.

## Soul Contracts and Pre-Birth Planning

It may well be that other people and circumstances appear to play a large part in some of your experiences. If others have played a vivid enough role that you were totally engaged and convinced, give them an award. They are friends of your soul with whom you created contracts before incarnating into your present lifetime. Many of the events of your life were chosen by some aspect of your consciousness prior to your birth. This was not your conscious mind, but an aspect of your higher consciousness that knew exactly what you needed to experience in this lifetime.

As you come into the realization that you preplanned many of your experiences before you came here, you might be tempted to judge yourself. This is totally unnecessary. You're not being asked to judge yourself, only to see yourself. Each experience is programmed to help you come into deeper levels of understanding who you are. As you awaken to your true nature, the entire universe reveals itself to you.

In light of all we have said, do you now see how absurd it is to experience self-pity? If you planned it all, there is no one outside of you doing anything to you. If you look at any circumstance long enough, you will see how it is helping you grow and expand. As you accept the gifts of your experiences, you are transformed. As you come into a place of gratitude for each experience, you align with your higher self. This is a powerful alliance that empowers you to create and experience whatever you choose on planet Earth. You effectively become spirit incarnate and as such, you're able to step easily and effortlessly into fifth-dimensional consciousness.

## Chapter Four: Spiritual Telepathy Is the Key to the Fifth Dimension

You have grown used to navigating reality in a certain way. Your conscious mind is your "standard-issue tool" for moving through your daily life. Many of you have become quite adept at using this tool. Often, you know what to expect as you go through your day and may have automatic responses for many types of situations.

In the New Time, this tried-and-true navigation tool will no longer function as it has in the past. Your conscious mind's roadmaps and signposts will no longer apply in the fifth dimension. Inside this new space, you are asked to adopt a new navigational system. This system is constantly changing and transforming so it is impossible for the conscious mind to "break the code" by developing new habits and patterns that allow it to navigate this space on "autopilot."

### Spiritual Telepathy is Your New Navigation Tool

Navigating the fifth dimension requires a high level of awareness that paves the way for constant telepathic communication with your higher self. This spiritual telepathy is created by setting the intention to align with your higher self. As you harmonize with this high-vibrational aspect of your being, you begin to receive frequent information downloads and guidance.

At first, you may not understand all that's being downloaded into your consciousness. Becoming adept at translating intuitive downloads is like learning to speak a new language. In the beginning, you may only understand a few words, but as you persist in immersing yourself in the new language, it becomes easier to understand. Over time, you become increasingly fluent. As you flood your mind and consciousness with information contained in spiritual downloads, you naturally magnetize further downloads. In time, becoming fluent in the language of your soul allows you to develop a telepathic connection with your higher self. As soon as you formulate a question in your mind, the answer is downloaded into your consciousness.

### The Nature of Spiritual Downloads

Receiving downloads of knowledge and information is nothing new. Answers to your questions have always arrived the second you formulated a question. In the past, it may have seemed some answers never arrived. In fact, all the answers arrived the second you asked them, but you were not always able to receive them. This often has to do with levels of receptivity.

As we have said, lack of skill in translating spiritual information is one reason some answers are not received. But receptivity plays an equally important role in understanding spiritual guidance. If a download arrives in a moment when you are less receptive, you may not be aware it has arrived. These less receptive periods may occur during times of stress, physical illness, exhaustion, emotional upheaval or extreme absorption into physical reality. A busy and chaotic mind is generally not a good "receiver" whereas a still and peaceful mind is an excellent receiver. You will likely move between these states during your day, but keep in mind that when you are seeking answers, it's best to enter a peaceful state to receive them.

## Optimal Receiving States

Optimal receiving times are moments when your mind is still, as during meditation, quiet contemplation and reflection; during times when you surrender and reach out for answers beyond your conscious understanding; during times when your health, vitality and life force energy are flowing and your body has a balanced (7.5) PH; during times when your heart and mind are open, when you are experiencing unconditional love, when you are experiencing gratitude, joy, absorbed in creativity and following your spiritual purpose. Focusing your mind through concentration is another technique, as is walking in nature or spending time near water. Even a shower can enhance your receptive ability.

If, after working with these techniques, you still have difficulty receiving guidance, examine if some part of you has reservations. These may be younger parts of yourself that need help understanding and embracing "unseen" dimensions of your existence. Sometimes you intuitively sense that an answer, if fully received, would trigger quantum changes in your present existence. You may draw back, feeling you aren't ready for such sweeping change. As the earthly manifestation of your higher self, you're able to work with aspects of yourself that exist at all levels to bring about needed healing and understanding. As conductor of your orchestra of selves, you're able to harmonize your consciousness to bring the laser focus needed to breathe life into your highest dreams and visions.

## Your Etheric Escrow Account

There is no need for concern that you have missed important downloads of information in the past. Answers remain in an etheric "escrow" account, still waiting to be accessed and reviewed. This is why those who undergo spiritual openings suddenly find their consciousness flooded with a backlog of unopened etheric mail.

## Developing Spiritual Telepathy

In a rapidly evolving world, the only reliable way to navigate is through spiritual telepathy. In this New Time, you will encounter many new energies, ideas and challenges. The best way to navigate these scenarios is by maintaining constant, direct telepathy with your higher self. Your higher self and its repertoire of "past" and "future" life selves contains the vast wealth of knowledge and spiritual understanding your soul has cultivated throughout time. Each time you encounter a new situation, you're able to formulate a question and receive immediate answers from your higher self. Once you receive this information, you can fashion it into the tools needed to navigate whatever is before you in your present moment. Spiritual telepathy allows you to meet each new situation in your life with the enthusiasm and confidence needed to transform it into the golden opportunities and spiritual signposts that enlighten your spiritual path and allow greater access to fifth-dimensional energies.

We offer here some steps to developing spiritual telepathy.

- 1) Write down and interpret your dreams every morning. Dreams are messages from your higher self that provide you with important information for your day.
- 2) Interpret your waking dream. Just as you translate dream symbols, you can translate the symbols of your waking "dream." Everything that happens in your physical reality is pointing the way to deeper spiritual truths.

- 3) Follow your highest vision. Record the images that arrive in your conscious mind and see how you can put them to use in your life.
- 4) Write your spiritual autobiography and examine the symbols of each occurrence, especially those you still hold energy around. By seeing how a situation was helping you grow, you're able to receive the gifts it offered and expand your understanding.
- 5) Eat a light and healthy diet that helps heal and clear old energies in your physical system. Detoxing at the physical level triggers healing at all levels. Clearing up the energy in your environment is another form of healing. Examine to see if there is any dead energy in your environment and release everything that no longer serves your highest good.
- 6) Practice silence and meditation. Set aside time each day when you can slow down, breathe and reflect. This helps you cultivate inner peace and the stillness of mind that is crucial to receiving spiritual guidance.
- 7) Practice Q and A's with your higher self. By writing down questions and using techniques such as automatic writing to receive answers, you strengthen your skill at communicating with your higher self. One of the keys to developing spiritual telepathy is learning to formulate questions that bring the information you need within the moment. Formulating questions requires clear seeing, intuition and discernment. Cultivate these skills to help you know what questions to ask. Questions are the gatekeepers to receiving spiritual insight with impeccable timing.
- 8) Open to the possibility of cultivating advanced techniques for receiving spiritual guidance such as channeling. Conscious channeling is a skill you can practice by opening your consciousness, entering a light trance and allowing your guides, angels, higher self and other high-vibrational beings to speak through you. To free your conscious mind from the need to remember what is said, you can speak the answers into a tape recorder.
- 9) Study self-hypnosis and learn to put yourself into a light trance where answers freely from flow into your consciousness. As you become skilled at entering a trance, you can slip in and out of this state throughout your day. This "soft focus" state allows you to download messages from your "etheric email" account. The equivalent of this in your physical world is downloading your e-mail from a server. In this case the "server" is your subconscious mind which receives the information from your higher self.
- 10) Practice relaxation and other techniques such as yoga and t'ai chi that help you coordinate and harmonize body, mind and spirit. This allows you to function in the state of oneness needed to navigate the fifth dimension.



## Chapter Five: Allowing the Greatness of Your Being

As you move further into the New Time, you will encounter situations that require you to develop new approaches "within the moment." You will find it necessary to open to new levels of creativity and cultivate new resources. In order to do this, you will need to draw upon aspects of your being you have not yet come to know. These aspects exist beyond the physical realm, in your subconscious mind. You can think of these aspects as other selves that exist at other points in time and space. As you expand into fifth-dimensional consciousness, you are readily able to access the wisdom, knowledge and skills of your other selves. Inviting your vast repertoire of selves to participate in your current lifetime is the essence of allowing the greatness of your being.

### Accessing a Wider Range of Your Infinite Being

In the past, it may have seemed you were limited to the confines of your current identity self in terms of resources and abilities. Within the expanded energies of the fifth dimension, you will find it easier to access a wider range of your overall being. The key to accessing this broader range of your self is to embrace the infinite nature of your being. This means embracing that you are a multidimensional and multifaceted being with an infinite repertoire of "selves." Each of the selves has a full complement of accompanying identities, talents and abilities you can call upon.

In fact, when it is time for you to make the acquaintance of a new part of your being, your subconscious in cooperation with your guides and higher self, will set the stage for this to happen in physical reality by triggering the thoughts and desires that prompt you to reach out to a new aspect of your being.

Know that whatever spirit is asking of you within the moment, there is an aspect of yourself that can answer the call. Allowing the greatness of your being is simply a matter of accepting and allowing these many aspects of yourself to play a role in your life. This requires a high level of trust and surrender on the part of your conscious mind and its current "identity self". We are not talking about a blind trust but a trust aligned with your inner knowing, your spiritual purpose and your highest vision.

### The Importance of Embracing Your Entire Being

The single most important step in aligning with the energies of the New Earth is understanding the true nature of your being. That is, your multidimensional nature, which allows you to experience simultaneously different timeframes and dimensions.

If you believe that a great deal (if not all) of your being exists within your conscious mind, it will be difficult to step into the fifth dimension. There is a misunderstanding on the Earth plane that your conscious mind represents the whole of your existence. This is a limited perspective that dramatically reduces a person's field of possibilities, cutting them off from the vast wealth of their inner resources.

When a person begins to awaken to the true nature of their being, they often feel confused by the realization that they are multifaceted with many aspects existing beyond the realm of their conscious mind. This perception may lead them to question their sanity or at best leave them feeling bewildered and overwhelmed.

In order to come into a place of peace with your true nature, release the need to only interact through the lens of your conscious mind. Be willing to enter the domain of your subconscious by practicing what you might refer to as "trust," "faith," and "belief." Faith naturally evolves into a "knowing" that allows you to work with and interact with aspects of your self that exist beyond the auspices of your conscious mind.

When you "know" you have multidimensional aspects of your consciousness and you seek to unite with these aspects, you're able to create beyond the realm of your conscious existence.

### Allowing the Full Spectrum of Human Possibility

In order to experience the full spectrum of human possibility, you have chosen at times to don a cloak of invisibility, so to speak. Under this cloak, your true nature was hidden from you. Your bright light was dimmed. This dimming of your light afforded you the great gift of humility. Experiencing life veiled from the great powers of your being allowed you the gift of perspective, insight and compassion. It gave you the opportunity to awaken and remember that you are a vast and powerful being. This ability to find your way home alone through the darkness helped you discover, appreciate and understand the true nature of your being. It allowed you to experience new opportunities and reconnect with your spiritual powers.

As older souls, you have moved through many realms of human experience. You know what it is like to struggle and feel vulnerable. You know what it is like to experience feelings of helplessness and to experience various forms of physical illness. You chose to undertake this full range of experience as part of your journey here. Now many are being called to move further along the spectrum of human experience. This is the empowered phase of the spectrum where you pull away your cloak of invisibility and "see" with your inner eyes how it is possible for you to move to the next level. The shape of this experience is different for each person, depending on their individual purpose and where they are in the realization of it. Each path has in common the moments when another veil is pulled away and a new field of possibility appears. For some, this will mean seeing how you can come into a place of allowing things to happen rather than struggling with each step. This may mean coming into a joyful collaboration with spirit. However this manifests for you, it will involve a greater acceptance of the powerful capabilities of your spirit.

### You Already Have Everything You Need

As you open to your expanded capabilities, you will likely come into a deeper realization that the resources you need to activate your purpose are available and accessible by "thinking outside the box." In other words, allowing yourself to experiment with a new idea, new technique or way of being. This usually involves stepping outside your comfort zone and embracing a previously "unknown" aspect of your being that your spiritual guidance has revealed to you.

As you expand into the greatness of your being, resources and abundance flow proportionately to support new aspects activated by the expansion.

### Spiritual Freedom and the Infinite Nature of Your Being

Feelings of limitation are common when you allow yourself to become locked into one point of view. Part of allowing the greatness of your being is being able to step

into many different points of view at will. When you become locked into one identity, it's easy to feel yourself a slave to physical reality. This leads to feelings of blame and victimhood. When you hold in awareness the infinite and multifaceted nature of your being, it's easier to release any feelings of limitation. This opens you to the reality that you hold many identities and many possibilities.

### Stepping into Spiritual Mastery

So how do you allow other aspects within your consciousness to work with you? First set an intention, which sends a signal to your higher self. State to yourself your clear intention and ask for guidance and assistance. This opens the channel for other aspects of your consciousness to work with you. For example, if you feel drawn to become a composer of music, it's likely there's an aspect within your consciousness that has knowledge of composing music. Old souls, having explored the full range of their own expression, will likely seek to unite with a range of talents and abilities they have developed throughout an arc of lifetimes. This allows them to come into mastery and gift the world with unique and transformative works of art, music, writing and other inventions and ideas. (Those who are reading this are old souls).

Once you identify a talent that brings you joy and excitement, set your intention to develop this ability. This invites aspects within your consciousness to assist you and merge with you to further develop this ability. This is what's happening at times when you begin developing new works using skills you did not know you had. Another aspect of your consciousness is working through you, effectively teaching you the techniques it has learned, sharing its visions, drawing from your talents and abilities and merging with your present skills and understandings to go out beyond what either of you could have created alone. These creations, birthed through the efforts of your conscious and subconscious minds, are encoded with the essence of Heaven and Earth. When shared with others, they have the ability to "unlock" latent memories and abilities and activate DNA coding for awakening consciousness. In this way, collaborations between your conscious and subconscious minds are a gift and a blessing to all of humanity.

When one being awakens to the greatness of their being and embraces their multidimensional nature, blessings and gifts flow with great abundance, opening new energetic pathways for all others to step into.

## Chapter Six: Trust and Believe in Your Highest Vision

As you receive regular downloads of spiritual guidance, you may find your mind flooded with images of possibilities that seem beyond your present capabilities. In fact, it's likely that acting on some of the visions you receive requires you to take "great leaps of faith" within yourself. This will sometimes seem like jumping off a cliff and trusting you will be supported by the loving arms of spirit. Each time you access fifth-dimensional consciousness, you will find yourself receiving amazing visions of future possibilities that can only be realized by entering a space of surrender and trust.

### Risking the Comforts of the 'Known'

It may seem following your highest vision often asks you to take risks. You may be asked to risk the loss of your present identity, your long-held support systems, relationships, ways of being and in general, the comforts of the "known."

It's understandable if your conscious mind pulls back from such risks. Its job is to assist you in navigating physical reality. Risking the safety and comforts you have worked for probably seems ill-advised from a conscious perspective. This is the point where you will need to have a conversation with your present identity self – the current orchestrator of your conscious mind/ego. You will need to explain to this self how following spiritual guidance is the wisest, most beneficial way to navigate physical reality. You will need to explain how aligning with your highest vision allows you to carry out your spiritual purpose of adding to your understanding. You will need to help your conscious mind and current identity self understand that as you come into greater alignment with your spiritual guidance, all your needs are met "within the moment." Events, people and things arrive in your life with impeccable timing. Life flows easily and effortlessly as you allow the true essence of your being to shine through. When you accept you have many aspects of your being (see Chapter Four), you're able to see how the "you" most closely aligned with your higher self can become the loving guide and teacher of your conscious mind.

### Be Willing to Embrace the Unknown

So why does following your visions feel so scary? It's because you're being asked to explore new areas and undertake new and expanded courses of learning. To do this, you must be willing to step into the unknown. You must be willing to exist in a state of chaos. We will talk more about the important role of chaos in Chapter Eleven. For now, it's enough to know the part of you that craves order and certainty will feel challenged stepping into the unknown.

Following your highest vision will feel challenging to the degree that you're invested in physical existence as your sole reality. In the course of following your vision, you will be asked to believe in yourself, in your ability to receive and translate spiritual guidance – in your fluency and understanding at interpreting the downloads you receive. If you feel you need more practice in working with spiritual guidance, return to Chapter Three: Spiritual Telepathy Is the Key to the Fifth Dimension. Coming into a place within yourself where you find the courage to follow your spiritual guidance is a rite of passage that allows you to put all your spiritual understandings to the test. It allows you to step into a new level of believing in yourself. It allows you to

strengthen your spiritual guidance, to affirm your commitment to your spiritual purpose, and to align with the divine essence of your being.

#### Be Willing to Listen and Take Action

You may not always be 100% certain you have correctly perceived spiritual guidance. The important thing is your willingness to listen and take action. If you find you still have questions, you can formulate these and "ask" your guidance to clarify. Take a first step and you will know intuitively if you have heard correctly. By being willing to undertake this process, you begin a conversation with your higher self where you act, then receive further guidance and feedback that allows you to fine-tune your response.

#### Opening to Future Vision

During moments when you are most aligned with your higher self, you receive downloads of guidance and information. One aspect of the guidance downloaded into your consciousness involves images of future probabilities.

It's easy to recognize a spiritual vision because it lifts you up and excites you. Your conscious mind may experience fear and concern around a vision, but on another level, you may feel expanded and excited by it. Allow these visions to enter your consciousness and exist in their own space. Avoid the temptation to surround visions with thoughts of how you would carry them out or how challenging or impossible or difficult it would be for you to act on them. Your conscious mind always wants to know the what, when, where, how, and why of your visions. Allow yourself to not know the answers to these questions. This is a big part of trusting in your highest visions.

#### Allowing Visions to 'Take Root' in Consciousness

When you allow a vision to exist in your consciousness, you see it begin to take root. You begin to see steps you can take to nurture it into being. You don't need to know all the steps at first. It's likely you won't. Trust that when you receive a vision, it already exists in your energetic field as a potential reality. Trust that when you receive a vision of something "already in existence" energetically, the resources to manifest the vision are readily available. In fact, in order for a vision to not manifest, it must be blocked by your thoughts, beliefs, attitudes and emotions. If these are all clear and open, you will receive guidance on actions you can take to bring your vision into physical reality.

You may not understand at first why you're receiving a vision. For instance, if you see yourself moving to a new city or undertaking a course of study, you may not initially understand why. As you take steps to explore the visions you receive, you will see why you have received them and how they can provide you with important understandings you need to progress spiritually. Since you may not fully understand the importance of a step until you take it, you'll need to learn to trust and believe in your visions.

#### Be Willing to Embrace Rites of Passage

The steps you're asked to take in realizing your visions may require you to make difficult and painful decisions. You may see yourself leaving your present career, ending a relationship, moving to a new city, or otherwise letting go of ideas, things, and connections. Sometimes you will be asked to release an aspect of your past or

change a deeply ingrained habit. Spiritual learning is not always about maintaining the status quo. In fact, it's often about tearing down what has been and moving forward in a new way. As you enter a place of surrender where you embrace and allow all that spirit is asking of you, you'll find many wonderful and beautiful things entering your life. Change and growth are not about "losing" things, but about discovering and embracing new parts of yourself. These parts may be reflected in your physical reality by people, situations, places, and experiences.

#### Be Willing to 'Ask' for Assistance

You may be asked to learn a new skill or expand your vision for what you believe is possible in your life. Don't judge yourself if you experience resistance and uncertainty. You are always able to ask your guides and higher self for clarification, assistance and additional information to prepare the way for you to come into a place of readiness. There is nothing "wrong" with seeking this clarification and assistance. Keep preparing your consciousness and finding your way; request the guidance and resources you need to undertake your journey and open to receive them.

We offer here steps to receiving a spiritual vision:

One) Set your intention to open to the visions your spirit brings you.

Two) Enter a peaceful, trancelike state through breathing, meditation, self-hypnosis or other techniques.

Three) Quiet your mind, release all thoughts and remain in a state of alert listening.

Four) Allow an image to form in your mind.

Five) When you see this image clearly, write it down, speak it into a tape recorder, or sketch it out.

Six) Enter a state of allowing. Allow this image to exist in your consciousness without knowing how it will manifest.

Seven) If you have questions about this vision, ask your guides and higher self for clarification. Don't hesitate to formulate questions to your guides and higher self seeking additional information and guidance.

Eight) As you receive guidance, be willing to take steps to act on the images you receive. Part of this step is acting with impeccable timing. This may mean watching for signs and synchronicities to line up. When you see your guidance line up with your environment, be willing to act impeccably within the moment.

Nine) Once you've taken action, observe how things unfold. If you need clarification, question your guides about the steps you've taken and ask for further steps.

Ten) Accept the results of your actions, whatever they are, affirming everything that happens in your life is an opportunity to expand your understandings.

Eleven) Thank your guides and higher self for the assistance and information they have provided.

Twelve) Remain in a state of alert listening for any further steps to take.

## Chapter Seven: Stepping into Emotional Freedom

One of your greatest allies in achieving fifth-dimensional consciousness is emotional freedom. The emotional level of your being is located between the conscious and subconscious minds. Since emotions exist in the realm of the "unseen", they are a sub-level of the subconscious mind. We can see the emotional level as a bridge -- or a great gaping chasm -- between the conscious and subconscious minds.

### Your Emotions Are Gatekeepers to Higher Consciousness

The emotional level exists between your conscious and subconscious minds, serving as a gatekeeper. This is by design. Until a person enters a place of peace and love within themselves, they won't gain access to the vast array of advanced abilities that reside within their higher self. In this way, the emotional level is a built-in protection mechanism. If you're challenged with navigating physical reality and the realm of the emotions, you're not yet ready to take on the unknown and untested waters of the subconscious mind. Imagine this as akin to serving as captain of a small boat. If you're unable to safely captain a boat on a small lake, you will not likely be assigned captainship of a larger boat sailing vast uncharted oceans.

We offer here some techniques for healing and clearing your emotions, which will allow you to cultivate inner peace.

### The Importance of Taking Responsibility

The condition of your emotional body determines whether your emotions serve as a bridge or an obstacle to accessing your subconscious mind. It's impossible to achieve emotional freedom until you take 100% responsibility for everything in your reality.

If you have a backlog of unresolved emotional issues, your emotions are easily triggered by events, people and circumstances in your environment. This constant emotional upheaval can lead you to "buy into" the illusion of victimhood, scarcity, self-doubt and other scenarios that leave you feeling helpless and disempowered. Helplessness and disempowerment lead to denser emotions that are triggered and catalyzed by self-pity. Self-pity at its core is a denial of the infinite nature of your being and the vast capabilities of your spirit. It leads to an ever denser array of negative emotions that can bar access to the subconscious.

When you exist in a peaceful place within yourself, you're able to travel at will between your conscious and subconscious minds.

### Discovering Emotional Triggers

In order to clear residual emotions, you will need to examine every aspect of your present reality to discover emotional triggers. While many of your emotional triggers date back to childhood, you can find access points through events unfolding within your present moment. If you keep unraveling the strings binding you to turbulent emotions, you will find these emotions are, at the source, wounded and suffering younger aspects of yourself. In other words, the emotional "wounding" happened at a point before you understood how the universe works – a point before you understood how everything that happens to you is helping you grow and learn. Once you see this, you're far less likely to feel injured or wounded by the events, people, or circumstances in your life.

There may have been times when you felt the actions of others a 'judgment' against you, or an indication of your self-worth. You're likely to have created situations similar to your original wounding throughout your life. This makes it possible to work with your childhood wound within the present timeframe without excavating the past to find the point of original wounding (though you may at some point choose to undertake this examination of the past as part of your healing process).

To gain awareness of emotional wounds operating in your present moment, pay close attention to circumstances that trigger denser emotions. If it helps, carry a small notebook and note emotional triggers you observe. As you bring awareness to emotional triggers, you lessen their power over you.

### Discovering Your 'Sacred' Wound

Many of your emotional triggers trace back to an emotional wound you experienced early in your life, usually by age 7 or 8, though not always. There are many different forms this wounding can take, including the death of a parent, a severe illness or accident, a seeming abandonment or other loss. All sacred wounds have in common an emotional trauma that went into "cellular memory." Over the years, the essence of this sacred wound is re-energized in various situations in an unconscious attempt to gain understanding of the wound so it can be healed and released. Sometimes, a sacred wound isn't healed in a lifetime. In this case, the essence of the wound is carried forward into the next incarnation where the wound is recreated.

If you choose to gain awareness of your original or "sacred" wound, you can begin by writing a simple autobiography of your life, touching on the emotional highs and lows. Pay close attention to events that still hold an emotional charge. These events reveal to you wounded aspects of yourself still emotionally trapped in time. You can heal and release these aspects by shining the light of your present-moment awareness on them.

This triggering adds density and weight to every rite of passage you undertake. The triggering of unresolved emotional energy is one of the main reasons some turn back from a rite of passage. Transformational periods will bring up unresolved emotions in an effort to purge them. To some, this clearing and cleansing may seem unbearably painful. It's ultimately the willingness to face all that "comes up" that allows one to take the leap within themselves that leads to the emotional freedom that is the gatekeeper to higher consciousness.

### The Nature of the Wounded Self

Inside every person there exists wounded aspects that are most often "wounded child" aspects. These aspects of your self "take on" unresolved emotions throughout your life. Whenever something in your present moment triggers and awakens this wounded self, you experience not only the emotion of what's happening now, but your wounded emotional body that contains the accumulated wounds of a lifetime. It may seem at times that you are reliving every troubled emotion you have ever experienced.

### Accepting the Gifts of Your Wounded Self

Those times when your wounded self calls forth the full menu of your troubled emotions are valuable times when you can access emotions and work with them to bring about healing. You can do this by sitting with your wounded self and



undertaking a review of circumstances tied to the emotions. When you allow yourself to "re-see" the situations that created troubled emotions from the light of a higher consciousness, you bring about healing to wounded aspects of yourself and release energy being held around situations from your past.

Foremost among these past situations will be moments from your present lifetime, though these wounded scenarios may also be connected to experiences carried over from past lives.

By seeing troubled emotions from a detached and elevated perspective, you're able to understand the higher purpose for creating a situation. Once you see the higher purpose of your creations, you have effectively transformed it into an ally rather than a "problem."

#### Transforming problems: the Doorway of the Subconscious

When you heal, transform and release troubled emotions, you clear up any "static" that is making access to your subconscious difficult. When you have a clear access from conscious to subconscious, you are able to access your higher self at will. Your subconscious is the doorway through which you access fifth-dimensional consciousness and the vast wealth of resources the universe has to offer.

## Chapter Eight: Activating Inner Technologies

As you begin regularly accessing fifth-dimensional consciousness, you find your inner technologies activating. These include telepathy, clairvoyance, clairsentience, clairaudience, and other psychic and intuitive abilities that allow the gift of clear-seeing. It's this crystal clarity that helps you "see-through" the illusion.

### Perceiving through the 'Inner Senses'

It's important to understand that information coming through inner technologies does not arrive through the physical senses. It may seem so because inner technologies generally involve one or more of the "inner senses" of hearing, seeing and feeling. Each of the five senses has a corresponding spiritual sense. These inner senses are the means by which our higher self, guides and angels communicate with us. It's easy to recognize information that comes through the inner senses because it lifts us to a higher place.

Clairsentience involves receiving or "hearing" messages and thought forms from frequencies and realms beyond the physical. You may actually hear a voice in your mind or a sound frequency that entrains your consciousness to other realms. Clairvoyance involves seeing with your inner eyes. You may "see" a single image or entire scenes or "movies." Inner seeing also involves seeing images as symbols. Clairaudience is yet another form of inner knowing. People who are clairsentient receive guidance and information through bodily sensations such as tingling or tightening reactions. Another intuitive doorway is claircognizance. Those who are claircognizant may suddenly know something without knowing how they know it. Each person has access to all of these inner senses, though a person's natural orientation often determines which sense is used more often. A visually oriented person, for example, might pay more attention to their mental visions.

### Your Natural Abilities of Inner Perception

As you heal and clear your emotions, as you trust and follow your highest vision, and allow the greatness of your being, you will find your natural abilities of inner perception opening and expanding. There will be moments when you know something is about to happen or you see through the surface of physical reality. You may suddenly catch a glimpse of another "you" in another time and place, or you may suddenly know something you didn't know before. This intuitive knowing will take many forms. If you choose to develop these abilities, you will find you're able to move between dimensions. It will become easier to access fifth-dimensional consciousness. Cultivating skills of clairsentience, clairaudience, clairvoyance and telepathy will greatly enhance your ability to access fifth-dimensional consciousness. Likewise, as you exist more in the fifth dimension, you will find that your intuitive abilities expand exponentially.

### Barriers to Developing Intuition

Many people are cut off from intuition in two major ways: one) they don't identify themselves as being intuitive – in other words, their personal identity doesn't include being intuitive; and two) they misunderstand the nature of intuition itself. In the modern world, there's a popular belief that intuition is the domain of those who seek to develop supernatural abilities for their own gain and benefit.

These two barriers are so closely related that any discussion of one must include the other. We will begin by exploring why many people choose not to view themselves as psychic.

### Confronting Myths about Intuitive Skills

In order to fully embrace your inner technologies, you may need to shine the light of your awareness on the programming that exists in your world around psychic skills. There are thoughtforms and beliefs that practicing psychic and intuitive skills is for shamans, "fortune tellers", or worse, con artists and fringe dwellers looking to take advantage of those who seek their assistance. There is a connotation that at best intuition is something outside themselves, something practiced by people they don't identify with - those who may be of questionable integrity and intentions and possibly even dark motives.

There are always those who seek to profit off others, but those who approach spiritual skills with lower intentions will have limited abilities.

Add to this the price many have paid throughout history and continuing today -- for being considered sorcerers and witches. History is filled with episodes where people were persecuted for supposedly having "magical" powers. This practice continues in your world today and the belief in the "wrongness" of possessing psychic or supernatural powers is still alive and well in the collective consciousness. Even among those who live in societies where they aren't subject to violent persecution, there is the personal price of being shunned or ostracized or cast out of social groups, made light of and otherwise ridiculed. Some may have family members or loved ones who feel threatened by such abilities. It's little wonder many choose to keep their abilities and perceptions to themselves, not wanting to open Pandora's Box!

### Gifted Intuitives are Ordinary People

From still other perspectives, intuitives are viewed as elevated beings existing outside the realm of everyday life. The image that intuitives live in crystal caves far from daily life is equally inaccurate. The fact is, gifted intuitives exist in every walk of life. They are every day people who have chosen to step free of emotional shackles by facing their fears. They are ordinary people willing to exist in the uncertainty of the unknown. They are people with the courage to follow the subtle whispers of their spirit. When a person has undergone such rites of passage, they have no desire to harm others or take advantage of them. They are adept at understanding spiritual laws and know that whatever you do to another, you do to yourself.

Once a person awakens to these deeper meanings and "sees through" the illusion, they want more than anything else to help others develop their own intuitive skills. It's impossible to view the world from the grace and beauty of spiritual vision and not want this for all others.

### The Truth about Enslaving Thoughtforms

As we have said, thoughtforms exist on planet Earth that intuitive abilities are the product of a shadow world or at best beyond the reach of most. These thoughtforms about intuition exist side by side with the belief that humans are limited, separate and without access to their higher self and the infinite nature of their being.

These thoughtforms were planted in human consciousness centuries ago as a way of controlling minds. Some newly awakened to this reality resent efforts that have been made throughout time to disempower and enslave humans.

These are thoughtforms planted in human consciousness to keep humans tethered to a belief system -- you may even say to "dumb down" human consciousness. It's not important to note who, how and why -- this is by design to set up a system that challenges each being to "see-through" thoughtforms that are limiting and not aligned with the infinite nature of their being. It's only by aligning with spirit that humans are able to step free of thoughtforms that restrict their consciousness. Each person has the inner power to transform all circumstances they encounter.

However, it's important to understand that everyone within every timeframe has the ability to see through this programming and step free of it. Usually this "clear seeing" comes into play when a person unconsciously decides they no longer want to enslave or control others. As soon as a person sincerely wants freedom and well-being for all humans and all sentient creatures, their perception expands so they're able to see limitations operating in their life. Once you expand your awareness to see limitations, they begin to dissolve.

In this way, all outer restrictions are reflections of restrictions placed on the self. Whatever circumstances have transpired in physical reality to reflect self-imposed limitations, know that the way to step free of these "outer" limitations is to release their corresponding self-imposed inner restrictions.

### Everyone is Psychic

It's a misunderstanding to think that psychic skills are the domain of a few. The gifts of inner seeing are for everyone in every time and place. Each person has the natural ability of intuition. However, each person in order to utilize these abilities must open to them and cultivate them. If you hold beliefs that close your heart and mind to your natural abilities, you filter out the subtle messages of your soul. If you believe you have these abilities and are open and willing to take steps to develop them, you open the door to this reality. People, ideas, information and experiences will "show up" in your life to help you understand your natural gifts and learn to use them for the greater good.

We emphasize here that while each person is naturally psychic, in order to bring these abilities more fully into one's life experience, it's important to bring focus to them and sharpen them just as you would other tools.

### Courage and Trust are Prerequisites to Developing Intuition

To embrace, develop and practice intuitive abilities, you must learn to connect with your own truth, to see-through erroneous programming and the beliefs of those around you. You must have the courage to trust yourself, your higher self and your spiritual guidance. This does not mean you must tell others or explain yourself to others or tell others of your abilities. There may be those around you who still hold misunderstandings about the nature of intuitive abilities, especially those who feel threatened by the idea of intuitive abilities. The best practice is to live a good life, to be the example of a person of integrity and to embrace, cultivate and practice your innate abilities. There is no need to talk about it or explain it. You simply allow who you are to shine through. The example of your life working, your life flowing, having the inner skills and knowing how to work with whatever shows up in your life is the

best gift you can offer the world. This combined with kindness, compassion and the insight to see past the words and actions of others to the soul and heart beneath the words is life's true magic.

#### Intuitive Versus Physical-Based Knowing

Many sense the presence of limiting thoughtforms around them, but interpret them according to their level of spiritual understanding and development. The person who lives a more physical-based life will feel themselves a victim of limiting thoughtforms. They may believe the world is "against" them, that life is engineered to confine and restrict them. By contrast, the person who has cultivated a connection with their higher self encounters limiting thoughtforms and sees past them. Those who know they are infinite, unlimited beings will not identify with thoughtforms and beliefs of limitation and restriction. In fact, the person who sees the world with the eyes of spirit accepts and embraces the thoughts and energies that attempt to limit and restrict them. They know all attempts to restrict or limit their consciousness are opportunities to affirm the infinite and unlimited nature of their being.

## Chapter Nine: Expanding Your Definition of the Present Moment

When accessing fifth-dimensional consciousness, you may find it necessary to expand your definition of the present moment. You have probably heard it said that the key to developing awareness is to "be here now." Being present and awake within each moment is undeniably a major component of spiritual awareness. We ask you now to take a step further to examine the scope of your present moment.

Who are you within this moment? Are you limited to what you see in front of you, or do you hold within your consciousness a vast repertoire of possibilities you can activate at any second? Do you hold within you maps of consciousness that point to infinite locations and states you can access at will? Do you feel your past (in this life and others) is inaccessible or do you feel connected to these past aspects and even assisted and supported by them? Are you able to travel through the doorway of your imagination to visit your future and learn what you're creating in order to fine-tune your present moment?

Does your present moment contain a doorway to an inner temple where you regularly commune with angels, guides and other aspects of your being, or does your present moment contain a barren, one-room shanty where you feel lonely and cut off from the rest of the universe and worse, from parts of yourself?

The perception that your present moment is compartmentalized and shut off from both past and future limits your ability to access other aspects of your consciousness. These aspects represent parts of you incarnated through time that can help you heal the past, design future realities, and access a wide range of latent skills and abilities.

### Each Moment Contains Infinite Possibilities

We have undertaken this discussion to bring focus to the infinite possibilities that exist within each moment. It's not enough to simply say, "Be here now." If a person's belief system isn't sufficiently expanded, they will likely find the present moment to be rather dull and uninteresting. When faced with residing solely within a lackluster "present moment," many people create outer diversions, become thrill seekers and even develop addictions. Depending on a person's early programming and beliefs, they may extend this perception of emptiness to themselves, finding themselves lacking. Many thrill seekers at the root feel themselves empty without a dust storm of activity swirling around them. They keep others at a distance, fearing they would perceive their emptiness if they got too close. This doesn't have to be the case. Expanding your definition of the present moment can open a dazzling array of possibilities that will never leave you feeling bored, lacking, or empty.

### Steps to Expanding Your Present Moment

A first step to expanding your definition of the present moment is to examine your present beliefs about who you are. If you believe you're a vast, multidimensional being of infinite capabilities, you're well on your way to expanding your present moment. If, however, you believe your present physical reality is all you have and that you're limited to the information you've programmed into your personal CPU, your definition of the present moment could use some stretching.

When you view the world through the eyes of spirit, it's easy to see how each person

is spirit incarnate. Spirit, with its infinite nature, has the ability to be all places at all times. The word "omniscient" is often used to describe this unlimited potential. Some of you might say, "But this is the word we use to describe God." Now we are finally getting to the root of things. Do you see God as separate from yourself or as a part of yourself? We offer this holographic definition: you are to God as a drop of water is to the ocean. A drop of water has the same properties as the ocean. It is holographically the same as the ocean, just as you're holographically the same as God and with the same properties and potentials. This is a second step in expanding your present moment – to see God, all-that-is - whatever word you choose to describe the infinite – as a part of you.

#### You are an Omnipresent Spark of Spirit

You as an omnipresent spark of spirit have likely been incarnated hundreds and even thousands of times. We say "likely" because some entities in this universe incarnate only on a few occasions and for specific purposes. Younger souls have by definition experienced fewer incarnations than older souls. (The fact that you're reading this says you're an older soul).

You have been incarnated in numerous timeframes throughout history, both past and future. You may find it a stretch to contemplate the possibility that your spirit has incarnated into future timeframes. You might wonder why a being that has experienced life in 2100 would choose to stage their next incarnation in 1950. There are reasons why an advanced soul chooses to incarnate into a "past" timeframe. We will speak more about this in Chapter Nine, which is titled "Beings from the Future." For now, we will simply say that you have been incarnated in the past and that you likely have been or will be incarnated in future times on planet Earth or elsewhere.

#### You are Simultaneously Incarnated throughout Time

There is no "time" in the expanded concept of the universe. All your incarnations are occurring simultaneously in various realities. If you had a lifetime in Egypt in 550 AD, that "you" is still alive and well in its own energetic coordinate in the universe. Likewise, if a future "you" is incarnated in the year 2550 on your home planet of Betelgeuse, that being is alive and well within its own energetic timeframe.

Some incarnations are closer energetic matches to your present moment than others. These other "yous" are creating other experiences and understandings in their own timeframes, but they still hold various levels of resonance to the "you" that exists in your present moment.

Your higher self is in tune with all these various incarnations occurring simultaneously. It is by tuning in to your higher self that you learn about these other "yous" incarnated throughout time. As you learn about them, you can choose to visit them in consciousness. In this way, you're able to share information, knowledge and skills.

It's by learning about and connecting with these other "yous" that you are able to come more fully into latent talents and abilities. A Mozart or Einstein is not created in one lifetime. True genius develops over an arc of lifetimes and culminates in a timeframe where the individual is able to merge with other aspects of themselves to consolidate understandings and abilities honed throughout time.

#### Charting a Map of your Consciousness

When an idea, thought, vision or sensation flashes across the horizon of your present moment, it can originate from within your present moment or from any of your other "incarnated aspects" with which you have suddenly come into heightened resonance. Such momentary flashes occur all the time.

Not only are you able to spontaneously enter into closer range with your other "aspects," you are also able to access them at will. To do this, you will need to begin a process of consciousness mapping to identify the incarnational aspects most strongly aligned with your present lifetime. You can begin a consciousness mapping process by closely examining your present moment, which is a hologram of your entire being. Every facet of your present reality points to a specific aspect of your being that exists elsewhere "in time." You meet these other aspects of yourself every day – nightly, in dreams, in daydreams, or whenever you encounter a new person or new situation with which you strongly resonate.

There are aspects of your consciousness you know well. You may be very familiar with your nurturing self, your musical self, your creative self, but have little experience with your scientific self, your healer self or your inventor self. One day you may find yourself suddenly fascinated with healing and feel healing energy surging in your hands. This is a moment when you come into closer range with your healer self. As you add these new selves to the map of your consciousness, they become like phone numbers or hyper text links connecting you with other realities where other "yous" exist in other timeframes.

#### Projecting Your Consciousness to Other Locations

Each person is able to project their consciousness to any desired location in time and space. You can project your consciousness to a point in the past where you're able to view past events from an expanded perspective. Seeing an old situation in a new and expanded way helps you "see-through" any emotional densities you may have assigned to events at a time when your understandings were not as great as they are now.

As you continue to expand spiritually, you can extend your consciousness into other locations in time and space. The possibilities are endless and only limited by the scope of your imagination.

You can visit another location on Earth, another location anywhere in the universe and at any point in time - past or future. Once you have projected your consciousness into a location, it becomes a point on the map of your consciousness you can return to. Your travels in consciousness become part of your memory field. These "memories" are as real as any others; they are part of who you are.

Being able to project your consciousness into a much larger perspective is emotionally freeing. That is because you are able to see the bigger picture of what is happening at the moment. Stepping beyond the confines of your physical existence allows you to see the interconnectedness of all things. Any time you're able to shift from the small picture of what you're experiencing to the larger picture, you are able to understand the meaning of what's happening. When you can project your consciousness into the bigger picture, you make decisions from a broader framework.

When you project your consciousness into the point on the map where you are creating your future, you're able to make conscious adjustments in your present



efforts. It's not that you're creating new spaces in consciousness; you're simply stretching into more of what's already there. Just as the map is not the road, your current understandings and the points on the map you have discovered so far are not the totality of your consciousness. Your experiences are points on the map of your infinite consciousness.

### Discovering and Healing Past Traumas

As you learn to chart and access other aspects of yourself, you may become aware of inner wounds you have carried over into your present lifetime. You're able to track through time to other "yous" still experiencing traumatic or troubling events. These other "yous" experiencing trauma broadcast signals through time that you continuously pick up on until you heal the wound within yourself. It's by coming into awareness of these other "yous" that you are able to free your spirit from past events and gain the understandings you were seeking by creating the original events.

### Visiting a Future Creation

Just as you can heal your past within your present moment, you can also visit your future to gain important knowledge and information. You do this by looking at your dreams and visions of what you want to create in this lifetime. Track your intended creations into the future to witness their arrival in physical reality. You do this through the eyes of future "yous" within this lifetime. This allows you to fine-tune your creations and learn from the aspects of yourself who have completed the experiences that are "in progress" within your present moment.

You can learn how to live your life right now by visiting your last day on Earth in this lifetime. During this visit, you may receive information of important undertakings that might be left undone if you stay on your present course. In this way, you are able to make course adjustments now. You can also visit your next lifetime to see what will be "carried over" from this lifetime that you could clear up and resolve now.

### Experiencing Vertical Time

Most people tend to think of moments as happening in a horizontal or "linear" fashion. But there is another way to experience moments. You might think of this as "vertical time." In vertical time, you may experience a week that feels like a year of "linear" time. One way to experience vertical time is to step outside time. You do this by removing your conscious focus from the space/time continuum to effectively "step outside time" into the world of no-time. This is the timeless dimension of spirit where you become a time traveler visiting your past and future to discover your spiritual destiny. By traveling through time to your past, you're able to bring about healing and release for the parts of your spirit trapped in time by emotional traumas and other misunderstandings. Releasing your past frees trapped energy that becomes available to empower your present moment. It's this process of retrieving your soul in all the places where it is held that frees your consciousness and allows your complete focus in the present moment. This complete focus allows you to discover and fulfill your spiritual purpose and destiny.

An empowered present-moment self is able to travel to your future to commune with your future self and discover who you are becoming and what you came here to do. By merging with your future "self," you're able to view the fruits of your present creations and make course corrections if you don't like what you see.

## The Doorway of the Imagination

Your ability to expand your present moment is largely dependent on your willingness to travel through the doorway of your imagination.

There's a thoughtform on earth that whatever resides in the realm of the imagination is "not real" or "made up." Those who belittle the workings of the imagination are limiting themselves to a purely physical-based existence.

The imagination is the doorway to true spiritual liberation and transcendence. It's the imagination that expands the consciousness into new realms and thoughtforms that create new pathways in the mind and spirit.

The person who cultivates an active and vivid imagination is able to join hands with their past and future to bring their point of power (the present moment) to a laser focus for creating the highest good for themselves and all others. It's this laser beam of conscious, clear vision that has the power to heal you at all levels and transport you into a future of joy and well-being.

## Chapter Ten: Beings from the Future and the New Earth

A great shift in human consciousness is now hastening the more harmonious energies of the New Earth. This shift has already happened in its own time zone. In fact, you are already feeling waves of energy extending from this future time to your present moment. You need only look around you to see old ways of being unraveling as they are impacted by new energies radiating from future to present.

Not only is energy from the New Time filtering into your present, but beings from Earth's future history are here to anchor and expand those energies, making them accessible to all who seek to transition into fifth-dimensional consciousness. There are those among you who are awakening to the part of their mission here that has been obscured from memory until now. Some have previously been incarnated in future timeframes. We offer here a further idea -- you may well be one of those beings.

### The Expanding Sphere of Earth's Near Future

To fully grasp what we are saying, one must understand the nature and movement of the human construct known as "time." Earth's future history has always influenced the present moment. Now, more than any other time on Earth, you will find the future that exists within the next 150 years casting a sphere of influence so broad it exerts a strong impact on the era that just preceded it. This impact is felt in various ways.

One way the future influences the present moment is through the movement of energy. You may be familiar with time as an energetic framework, each moment giving birth to its own future. This is only part of the picture. Energy moves in all directions, extending from the present to both past and future. In other words, energy flows backwards and forwards, impacting past, present and future. This is why a person getting ready to embark on an important trip may feel themselves at their destination a week or more in advance of their arrival.

Another way the future influences the present is through the study of the frontiers of human consciousness. This growing field will open many doors of possibility. These new possibilities will allow minds of the future to tutor and assist their "past life selves," that exist within the present moment. (We will note here that a future self can influence a past-life self or a past self of the current life, but for our purposes here, we refer to a past self of the current life).

Your future self is able to influence key events now taking shape in the present. This is already happening to some extent, but is limited due to issues of resonance. In other words, a person of the present time period is able to communicate with a "self" of the future to the extent they are in resonance with this self. By choosing to harmonize with a wise and empowered future self, you're able to greatly increase this resonance. This opens the door for quantum change within your present moment.

### Incarnational Cycles and Beings from the Future

The shift in consciousness leading to the New Time began quite some time ago as a series of smaller shifts. These shifts began taking place in the hearts and minds of many beings over centuries, with the final staging of consciousness taking shape in

the last hundred years. Large numbers of "beings from the future" began incarnating to the Earth in the late 1800s. Each decade since that time has seen a greater influx of beings arriving here to seed consciousness and pave the way for the New Earth. The essence of these beings' role is anchoring greater light on the Earth to help accelerate the transformations taking place.

### The Mechanism of Past-Time Incarnations

All timeframes on Earth exist simultaneously in adjacent dimensions. These timeframes exist into infinity. That is to say, every second that has ever existed lives on, encapsulated within its own segment of "time."

Since all timeframes exist simultaneously, a soul whose most recent incarnation ended in 2012 may be reborn in a past-timeframe dimension, such as 1850. Souls have always had the option to incarnate into past time. The difference now is that major energetic shifts happening now will result in greater numbers of souls choosing to incarnate into "past-time dimensions." Some who have incarnated in the last 50-100 years have had incarnations in the time/space coordinate of the New Earth.

### Reasons for Incarnating into "Past Time"

Individuals or soul groups sometimes incarnate into "past-time" periods. A past time period is one you perceive as the past in terms of linear progression. Time doesn't manifest in a linear fashion, but the conscious mind, for organizing purposes, tends to order it this way. It may be that you are incarnated in 2007 and that lifetime ends in 2075. After a time, you choose to reincarnate into a time period most resonant with your needed learning experiences, which could be 2150, 1950, or 1750. This depends on your resonance and your planned future learning experiences. Sometimes entire soul groups have used this technique of incarnating into a "past" location along the time continuum. Time in this sense becomes a tool for growth and change.

"Past-time" incarnations fulfill several purposes that serve the evolution of the individual, the soul group, and all of humanity. This technique can be a signature of older souls nearing the end of their incarnational cycle, though there are other reasons souls choose to incarnate into past time.

Throughout history, souls have incarnated into timeframes where they could best gain needed experiences. These timeframes synchronistically offered them the best opportunity to share the talents and abilities they had developed.

Imagine you're graduating from a course of study and you discover there are certain lessons or courses missing from your transcript. You would choose to go back and complete these courses. You would most likely choose the best time and place to obtain this course of study. In much the same way, acquiring certain understandings requires certain circumstances. For instance, if you are completing a lifetime in 2100 and you want to learn to love people who are very different from your own vibration, you would need to gain this understanding in a time period where contrasting energies predominate. If energies are more harmonious in 2100, you may need to incarnate into 1975, for example, to experience this contrast. Synchronistically, when an individual or soul group previously incarnated around 2100 chooses to incarnate into 1975, they're able to serve as a bridging consciousness in a transition time on Earth. In other words, they would serve to weave the collective consciousness of 1975 into the cosmic fabric of future time.

## Past-Time Incarnations and 'Baby Boomers'

To illustrate further how incarnations into "past-time dimensions" function on the Earth plane, we will describe for you a situation that exists in Earth's present moment. You may recall the term "baby-boom generation." This refers to a great incarnational influx of souls within a given time period on the Earth plane. A certain number of these "baby-boomer" souls (at least half) were souls originally incarnated into a future timeframe. These are examples of souls who chose to be reborn into the 1940s and 1950s on earth to gain needed understandings that would bring their vibrational resonance into harmony with Earth's future. It was this influx of future souls that boosted the incarnating population of that time period, though their arrival was shrouded in an "Earth viable" explanation (a post-war baby boom). In addition to seeking their own advancement, these souls also volunteered to help bridge the acceleration of consciousness that began in the 1960s-1990s.

## Influencing Collective Attitudes and Seeding Future Realities

Some beings from the future are here to influence collective attitudes and awareness around the care of the environment, the treatment of animals, the nurturing of children, individual rights, physical healing practices and other issues surrounding human ethics. There are those who have returned to attempt to halt the extinction of a single species. Some soul groups have sent members back to create "inserts" that seed future realities. Look to the leaders of the women's rights movement, the civil rights movement, and the animal-rights movement, and you'll find energy coalesced around a central being that carries a strong and unwavering conviction. Such beings have been incarnated in future-timeframe dimensions where each person, animal, plant and stone has its own intrinsic value and is treated with respect and kindness.

## Accessing Earth's Future History

There are other scenarios through which one incarnates into "past time." One group incarnated in your present timeframe consists of "warrior-type" souls whose vibration could not access Earth's future. A great many of these souls who cannot match the resonance of the Earth's future-time dimension are among you now, which accounts for increased levels of war and violence. Some of these souls will find healing, direction, and new focus. These beings will eventually be able to gain access to the New Time where they will use their passions to help transition consciousness through more peaceful means.

Because the Earth's vibration is already rising, souls seeking to incarnate into your present timeframe are challenged to hold a compatible resonance. As you move further into the energies of the New Time, you will see many souls who are here now de-magnetized and leaving the planet. There will be outer, physical explanations for this exodus from the present moment, but we are giving you the spiritual explanation behind these upcoming changes.

## Further Perspectives on Future Beings

Just as the quickening of the Earth's resonance is making it more difficult for some to incarnate here, it is opening the way for high-vibrational beings to access this plane

of existence. The new energetic framework is making it possible for many high-vibrational beings to incarnate to the Earth plane through the Law of Attraction. This is why you are seeing a dramatic increase in the arrival of gifted children.

Many great seers and spiritual adepts are entering human bodies to help facilitate this shift while others are here to observe the shift so it can be replicated within other experiments throughout the universe. Still others are here to assist in the energetic translation.

As Earth prepares to transition into the next stage of its unfolding, many older souls will begin incarnating, breathing life as children once more to bring focus and meaning to centuries of incarnations. This process has already begun.

Advanced souls throughout time have chosen to incarnate into past timeframes where they could help bridge human consciousness during important transition periods. Increasing numbers of these spiritual adepts are arriving at this time to help bridge consciousness to a more holistic resonance. Their existence here forms an energetic grid that sets down a footprint for future generations to follow. As you move further into the portal of the future of life on earth, many of the happenings in your present-day world will be understood as the prerequisites to a higher vibrational field that they are.

#### The Landscape of the New Time on Planet Earth

Souls arriving here to bridge human consciousness into its New Time know well the future they are bridging human consciousness toward. That is because they were previously incarnated into future time. This world of the future is sustainable, holistic, healthy, peaceful and based on the principles of love and respect for all life.

The first waves landed amid a war zone of emotional, mental, and spiritual strife - the dust storms of the human mass experience. These souls volunteered to set the groundwork, so to speak, for the next wave of souls arriving here. These early "pioneers" and their predecessors have fulfilled their mission to seed the future of human consciousness.

Sometimes this mission was carried out at great personal cost. Imagine how startling it is to go from a peaceful and loving time to a reality fraught with violence, war, disease, disrespect for life, and in general, conditions of "unlove" that regularly masquerade for love. Because these souls see a troubled world through the eyes of love, they enter life heartbroken, saddened to their core, and questioning the meaning of such a bleak existence.

It was necessary for the first waves of beings from the future to experience great depths of challenge. Each generation that arrives on the Earth must be fully indoctrinated into the prevailing energies of the time it incarnates into. It is only by fully immersing one's self in the energies of the preceding generation that one is able to transform them.

As these souls expand their awareness, they burn through any remaining veils. This awareness shoots straight to the heart of the human condition. Once they begin to clearly perceive their circumstances, they remember their mission and begin transforming the energies they encounter.

Some find comfort as they grow older and come into a place of spiritual remembering. This allows them to commune interdimensionally with their homeland. There is a powerful healing in reconnecting with the kinder, gentler future times they have known.

### Recognizing Beings from the Future

Beings from the future are not difficult to identify. They often have childlike faces with old eyes. Their eyes tell the story that they have witnessed the passing of many times, and have sifted the wisdom and understanding of the ages. They are often focused on the future of life on Earth. Peaceful in nature, they are attuned to the environment and the welfare of animals. They have an ethic of good stewardship toward all kingdoms of life. They have a communion with all living things.

These beings speak about human rights and respect for all life and the planet; they advocate equality and unconditional love; they bring forth understandings of quantum physics and other innovations that reflect spirit's vast capabilities. They contribute innovative concepts, theories and inventions. Because of their strong links to the future, they often dream of technology not yet conceived on Earth.

They often feel they have come here for important reasons: the essence of this mission is to help seed and transform changes in human consciousness. These beings often don't feel drawn to "mainstream" situations. Because they are able to tap into realities beyond their present physical location in time and space, they are able to perceive the future prior to its arrival in physical reality. This can be confusing early on as they have trouble discerning between perceived future events and the present moment.

One trademark of these souls is that their consciousness is considerably more expansive than the prevailing consciousness of the "past-time" period they incarnate into. They have the gift of spiritual vision and often facilitate changes in perception and awareness even at the cost of their own lives. As these souls grow older, their memory of other times grows stronger. They remember times when great emphasis was placed on open, telepathic communication, caring for the environment and cultivating peace and understanding on the environment.

### Living with the Awareness of another Time

Beings from the future often have a sense of loneliness not unlike the person visiting a country where they don't speak the language or understand the customs. This loneliness is usually accompanied by sadness at the actions and attitudes they see around them. It is one thing to exist in a time with the awareness of that time, but it is another to exist in a time with the awareness of a more peaceful and expansive time. Many of these souls feel they cannot do enough to try and bridge consciousness. They know where consciousness has been and where it can be again. Some work day and night, focusing their efforts on fostering humane practices toward all humans, toward the environment and animals.

A being from the future who returns here with a singular mission is able to experience life in a framework approaching mastery, which allows them to take great evolutionary steps forward as they assist all of humanity in its path of spiritual growth. These beings at least subconsciously recall living in a more spiritually holistic time. They may feel discouraged and disheartened when they look around

them and witness suffering. A person from the future who incarnates here has the opportunity to deepen their understanding of patience, unconditional love and compassion.

These souls sometimes arrive thinly veiled, remembering other times, past and future. Some souls have within their "soul memories" images from "future" timeframes in which they were previously incarnated. At times they may feel very isolated and alone in their perceptions. Their greatest comforts are their advanced intuitive skills and a fully engaged imagination that allows them to commune with other dimensions and realities.

#### A Sidebar on Future Time and 'Time Plane Management'

Since all time is one, all moments are occurring simultaneously within an internal moment of now. As you expand your consciousness, you are able to perceive and understand more of the infinite nature of your being. Part of this expanded perception involves knowledge of time planes.

Several millennia ago, certain soul groups began experimenting with incarnational cycles and "time plane management" as a way of bringing the Earth plane in harmony with fifth-dimensional energies.

In the great overview of time, there came a moment when "adepts" were able to view all-time, observing the different threads of existence. This began a discussion of how to accelerate the Earth into balance and harmony. The plan was developed for souls entering advanced consciousness to test their skills as "creator gods." The means for this was incarnating into a period where their "reality creation" skills could be put to the test. Being born into a timeframe when the prevailing consciousness is in polarity with one's purpose, intention and understandings further fuels the challenge. Those who are able to navigate initial trials and reunite with their higher knowing go on to seed higher consciousness. These seeds are helping hasten consciousness into the New Time.

These teachers from the future share all that can be utilized and understood within the timeframe in which they're incarnated. Beyond this, they set down information to be passed on beyond their sphere of influence. Those who awaken to their mission have the task of sending out messages to help nudge their fellows who have not yet awakened to their purpose here. One use for such information is outreach to incoming waves of future beings – to awaken them to their mission. This "outreach," which may take many forms, including writing, art, music, teaching and energy work, enters cellular memory and begins activating advanced coding. Beyond this intent, seeded information is preserved for future generations – to provide guidance for those who will shape and create a new and expanded time on Earth.

As greater numbers of souls incarnate into the "past", they anchor and usher in the New Earth. It is in this way that the future is able to accelerate its own becoming.



## Chapter Eleven: The Role of Chaos in Achieving Fifth-Dimensional Consciousness

As you complete one level of experience and prepare to enter another, you find yourself in an "in-between" place where old realities unravel as new ones begin to take form. This is a delicate transition where it's easy to lose focus. Chaos rules the space between realities, creating a vortex where past, present and future weave a unique tapestry that is the essence of your purpose.

During this transition, old markers and signposts dissolve around you. Well-used navigational tools no longer work. This is the place where you are called upon to unite with your courage and inner strength and take a leap of believing in yourself in new and daring ways.

This process of allowing the past to unravel while the future has not fully crystallized is a rite of passage where you are presented with the opportunity to test your spiritual alignment. As the safe harbor of what you have known recedes into the distance, a vast ocean of unknown possibilities stretches before you. To navigate this ocean of unrealized possibility, it's necessary to connect with your inner guidance, to set your sights on the bright star of your spiritual purpose, and begin to navigate by its light.

### Your Wounded Child Selves

When you enter a void, this is often the time when those aspects of your consciousness that are seeking healing come forward. Wounded child selves tend to feel vulnerable and threatened as you steer into the swirling chaos of the unknown. During a time in the void, you can create healing and inner unification with these selves by bringing your focus to them and listening to their fears and concerns. Just spending time with these selves and loving them can be very healing.

### Entering the Dark Night of the Soul

The willingness to undertake a journey into the wilderness of the unknown with only the light of your inner guidance to steer by is sometimes known as the "desert experience" or "the dark night of the soul." This is the inner working of the process also referred to as a "rite of passage." During this passage, your higher self directs your attention to those parts of yourself that need healing and love. As these aspects cry out for understanding, sit with them, hold their hand and ask your guides and angels to surround them with love.

For some, it is only during such trials that they are able to access wounded parts of themselves and bring about needed healing. As wounded parts of yourself receive the healing and love they need to grow, mature, and expand, you're able to achieve a new level of inner unification. This is what allows you to burn through any last remaining barriers that serve as gatekeepers to fifth-dimensional consciousness.

### Your Higher Self Orchestrates Rites of Passage

You may experience a multitude of tests during a rite of passage. Keep in mind that your higher self orchestrated these rites of passage prior to your birth. They are designed to help you advance your understanding and spiritual awareness by creating opportunities to release old habits such as self-pity, fear and resistance.

The quicker you're able to embrace times of chaos and transformation, the sooner you will arrive at the shore of the next phase of your becoming.

### Chaos and Earth Changes

During chaotic times to come, Earth changes will trigger major energetic shifts. At times, you may find yourself struggling to adapt to climate shifts and unprecedented weather events, some of which may be catastrophic in nature. Listening to guidance will alert you to times when you need to prepare for such events. Your guidance will also make you aware when seasonal changes require alterations in planting and harvest schedules.

In some cases, you may need to consider relocating to a new area altogether. Your astrology chart offers a blueprint of your intention for this lifetime. By examining your chart in terms of "relocation astrology" or "astrocartography," you will know the locations that serve your highest purpose at any given time.

Remaining flexible, aware and centered in the present moment, combined with asking for and opening to receive guidance, will allow you to navigate the Earth changes that will occur as the New Time unfolds. Awareness and a willingness to act on guidance will always bring you into the highest and best circumstances with perfect timing.

### Chaos in Your Personal Life

Quantum changes are rarely experienced at the spiritual level without creating ripples in your physical reality. Chaos in your personal life may be experienced in the area of career focus, relationships and changes in personality and preferences.

You may feel you have lost yourself as you experience days when old circumstances fall away. Relationships may end; you may find yourself relocating or generally, no longer drawn to the way things have been. You may find yourself adopting new dietary and health practices. You may experience heightened sensitivity and awareness; you may notice things you have not noticed before.

You may undergo shifts in consciousness where you move through days of spiritual awakening. During these times, you may experience peak states of consciousness. You may feel drawn to write, paint, walk in the woods, go on vision quests, or depart from routines in other ways. You may feel drawn to clean out your house and give away things you no longer use. This can be a challenging time when those around you are puzzled by your actions and possibly even feel threatened by this new "you."

This is where you will need to practice a great deal of trust and patience. You will need constant, telepathic connection with your spiritual guidance so you can "ask" about events and circumstances as they unfold in your life. You will need to work with feeling states so you can hold everything that comes before you in consciousness and discern its rightness.

Challenge and hardship will be experienced to the degree you're in resistance to these changes. For example, a person might receive guidance that it's time to move to a new career focus that's more aligned with the next step of their spiritual path. Nothing is lost in such a scenario. Everything you undertake throughout your life is preparing you and grooming you to fulfill your purpose. Difficulties arise when you become over-identified and over-attached to any step along the way. Each level, each step, regardless of where you are on your spiritual path, is meant to be

experienced, understood and released.

Allowing yourself to step into the chaos of the unknown in terms of your daily life may be one of the most challenging steps of all. When faced with the potential loss of a career, relationship or other dearly-held circumstance, you may feel shaken at the core of your being. At such times, you have the opportunity to step into new levels of understanding and experience by trusting in your guidance and believing in yourself.

### Navigating Uncertain Times through Identity Shifts

During times of chaos, you may find yourself shifting to a new identity. This new identity is created to help you navigate the new times unfolding. You may experience confusion as this new "you" guides you to new and different realities. It may seem at times that you no longer know yourself. You may feel this new "you" is out of sync with people and situations in your life. It can be upsetting to see careers and relationships fall away as your new identity self chooses other timelines and areas of focus.

As you move through identity shifts, others around you may be puzzled and even threatened by your actions. Stand strong in your love for those in your life while at the same time standing strong in your spiritual vision. As you believe in your vision and purpose, you become an example others can follow. Refrain from criticizing those who don't share your vision. Bless them and hold them in the highest esteem. There have been many times in your journey when you failed to understand the path and vision of others. This is an opportunity for you to understand the opposite perspective.

As long as you hold one thread of doubt about your path, others will show up in your life to reflect your own doubts to you. When this happens, silently thank them and bless them for helping you recognize that you can move into new levels of strength and certainty in the visions you receive from your higher self.

### Chaos and Financial Challenges

One challenge some are experiencing now is in the area of financial abundance. There are different reasons why this is happening. One scenario involves those who have abused wealth and abundance by using manifested resources purely for their own benefit with no intention to assist others. (To clarify, a person who invests in their spiritual path and seeks awareness is benefiting all of humanity). To the extent that a person has engaged in selfishness, greed, exploitation of animals, fellow humans and the environment, they are now experiencing challenges. That is one genre of financial challenge.

The second genre of scarcity includes those who are still working with issues of self-worth. The person who feels they are in some way unworthy looks at people struggling around them and says, "There are people who are stronger, more educated and more talented than myself having financial hardships. How can I possibly receive what I need now?" This line of thinking overlooks that each person as their birthright is deserving of the vast wealth and abundance of the universe. It also shows how comparing one's path to another's is a misunderstanding. Each person has their own lessons, their own challenges and opportunities for transformation.

A third genre of scarcity has to do with misinterpreting the psychic information one receives. This is why some empaths have a challenge with abundance. This happens when a person misinterprets the psychic messages they receive. They may "pick up" on the thoughts and feelings of others even though they don't share the same path or lessons. This points to a different, yet related lesson of learning to discern one's spiritual path. When you understand your purpose, you're able to know when you're picking up on the thoughts and energies of those around you. If you have this challenge, place a filter on the ideas, thoughts and images you receive to screen out psychic information that has nothing to do with you. Affirm that you only "pick up" what is highest and best and intended for you at this time.

#### Abundance and Spiritual Purpose

Some have written into their soul's contract for this lifetime that financial abundance is experienced proportionate to fulfilling one's spiritual purpose. Synchronistically, this is a time when many are being asked to come into deeper levels of spiritual fulfillment. The person who has drifted off course in terms of their purpose may find themselves temporarily out of work or possibly even living in a tent village in order to come into a new connection within themselves. The degree a person is in resistance to their spiritual purpose is the degree to which they will experience challenges and rites of passage as entry points to the new consciousness.

Each person who is here within this timeframe has signed a "chaos clause" to experience increased levels of turbulence and challenge as needed to bring them into alignment with their purpose of helping transition Earth into the new time.

Regardless of what you're experiencing right now, embrace not knowing, embrace chaos, embrace the messages you are receiving. You don't have to fully understand what's happening within the moment. Often, as you enter times of transition and transformation, you won't always understand what's happening. It is your ability to embrace the chaos of the unknown that enables you to stand strong in your beliefs and your commitment to your spiritual purpose. Your spiritual purpose is the light that will steer you home as the old way dissolves around you and the shape of Earth's future history begins to crystallize in the ethers of the New Time.

## Chapter Twelve: Building the Dream for a New Time on Planet Earth

The time has come to build a dream for a new time on Planet Earth when fifth-dimensional energies dominate. In order to do this, you will need to bring energy and focus to the visions you receive in dreams, meditation and moments of lucid contemplation. As you cultivate the energetic field of the fifth dimension, opportunities will arise to join with others to incubate the dream of the New Earth by shaping with your intention the accelerated energies now flooding the Earth plane.

### Building a Bridging Identity

Part of building this dream is creating a bridging identity able to "walk in two worlds," so to speak. This dual self will continue to carry out the tasks associated with living in the reality where you are currently focused while at the same time, planting seeds in the new time with your focus, intention and desire. This bridging identity will be able to walk daily in both worlds, one manifest, the other unseen except in your inner world.

This bridging identity will allow you to merge more fully with energies of the new time. This identity will derive from a future self. To the degree that your resonance allows you to forge a union, this future self will be able to lend its energy and guidance. As you direct your intention and consciousness toward this future "you", locating this self in the timeframe where it exists, you are able to blend with its thoughts and feelings.

### Cultivating Skills of Blending and Harmonizing

In the future, "blending" is a technique that is common. You already do this to an extent. When you spend time with another, you harmonize your energies and blend with them. Often you will find you know things about this person that they haven't told you. You may begin to develop new skills based on their knowledge and understandings. This is an equal sharing as they draw on your knowledge and experience as well.

Intuitive counseling works in much the same way. For a short time, you step inside an intuitive's consciousness and see yourself through the eyes of spirit. Healing can take place instantly as you view yourself with complete love and compassion. It is in this moment that you see your gifts and your woundedness side by side as well as the threads connecting them. As you receive the message of your sacred wound, you effectively step off the karmic wheel.

### The Nature of the Sacred Wound

Early in each lifetime, a sacred wound is "stamped" on the consciousness, usually through a set of circumstances, though it can be a single incident. Sacred wounds can be created through illness, accidents, family turmoil, and seemingly insurmountable challenges. At the root, a sacred wound is a karmic lesson carried over from past lifetimes. Throughout the life, each person begins the quest to gain the understanding that will satisfy their karmic lessons this time around. Once this lesson is satisfied, one is able to effectively achieve emotional freedom and step off the karmic wheel. Once free of enslaving emotions and impulses, the conscious mind is free to join in partnership with the higher self to rewrite the plan for the rest of the life on Earth. This plan usually involves creating a way to use one's talents,

Earthly knowledge and spiritual wisdom to assist others with their own process of awakening. Once a person's consciousness awakens, they experience a natural desire to assist others in awakening.

#### Awakened Consciousness *is* the New Time

Imagine you "wake up" in a darkened room and see others sleeping around you. Upon closer examination, you see the room is filled with dust and cobwebs and the air is stale. Your first impulse is to throw open the doors and windows to let in fresh air and sunlight, then begin nudging the others awake.

When one person awakens and begins nudging others to awaken them, all the universe cheers. Much guidance and assistance is downloaded to the one who throws open the doors and windows of their consciousness to be the eyes and ears and hands and feet of spirit on Earth. This awakening allows you to become spirit incarnate on Earth. This is possible by embracing your sacred wound, opening to its message and using this wisdom to heal yourself throughout time. Once this is done, you're able to still step off the karmic wheel and unite Heaven and Earth.

Many souls chose to incarnate at this time when the elevated energies on the Earth plane would facilitate the awakening process. Many advanced souls were chosen to anchor the light at this time. Others came to represent other points along the energetic spectrum. This is a critical time when all of time is held in a microcosm where dark and light join hands in a way that allows human consciousness to take a great leap forward.

#### New Spiritual Masters and Prophecies of the Future

Many high-level guides and masters will seek to deliver wisdom and guidance to the Earth plane through the portal of awakened consciousness. You will see during this time many souls awakening and beginning to channel. As we have said, all the universe cheers when one being on Earth awakens. Many masters and high-level entities will seek to speak through a newly-awakened consciousness. It will not be unusual to see many people awaken at once and begin to spontaneously channel messages. In your near future, you will see many who previously thought of themselves as "ordinary folks" receiving amazing messages and prophecies of the future. Those who have faithfully served as earthly guides, channels and mentors will now step into the next phase of their journey as master teachers, sowing visions and seeds of the New Time. Some of these will have the ability to transmute a person's remaining karma through their energetic presence.

#### Seeding Earth's Future History

You need only look around you to observe how Earth's future history is seeding itself in your present timeframe. In the not-too-distant future of Earth's history, there is a strong move toward remediation and healing. As far as humanity has moved toward violence, war, destruction of the environment and extinction of kingdoms of life, it will swing in the opposite direction to bring about balance and healing.

As human consciousness expands beyond anything yet perceived or understood, these remediation efforts will "reach back" into the past to minimize levels of destruction and plant seeds of future transformation. This is already taking place in your world. Look around you and you will see many people starting to act on the guidance of their "future selves", along with a wise and holistic prevailing "future"

consciousness so powerful its influence is threading back in time to spark the fires of its own becoming.

### The Role of the Conscious Mind in Changing Times

In these changing times, it's more important than ever before to understand the role the conscious mind plays in self-realization.

Many of you were born with the knowing of your purpose. As a child, you may have talked about what you would do in your life. You knew who you were. You knew well the gifts and abilities you had cultivated throughout time. By age seven to eight, veils were drawn to shield you from this knowing. This helped you focus on the Earth plane and allowed your conscious mind to develop its navigational skills.

The role of the conscious mind is to learn how things work on planet Earth. Its job is to learn how to manage physical reality. By the time a person reaches their 40th solar return, their conscious mind has fulfilled this task and is ready to undertake a critical passage. If the conscious mind has done its work well, it has arrived at the realization that it's only half of an important equation. A conscious mind steeped in honesty, integrity, humility and openness will embrace the knowing that it is not the "end all, be all" of one's existence. It will come to the realization that there is much more to the picture. Along the way, there will naturally be questioning, seeking, clarification -- and yes, even times of resistance, but it is curiosity and the desire to grow, learn, and expand that helps the conscious mind embrace one's entire being. As a conscious mind opens to its subconscious aspects, it begins to allow these other aspects to play a role. It enters a place of allowing, in other words. This allowing over time becomes a joyful exchange, an ecstatic dance, and a delightful collaboration.

As life flows with blessings of love, abundance and creative opportunities, the conscious mind learns to trust this Divine collaboration and willingly steps more fully into its rightful role as foot soldier and collaborator with the higher self. The role of the conscious mind is as important as its subconscious counterpart. It knows how things work on the Earth plane. It knows how to wield the necessary tools and take the steps to bring spiritual realities into the physical. This is the process that brings meaning to life, opening the floodgates for joyful, spiritual communion, as well as health and vitality.

### Transmuting Waves of Contrasting Energies

It has always been known that as a very different future drew near, contrasting waves of energy would create dramatic shifts. Many advanced beings are here now to help transmute the "fallout" created when present and future energies collide. This allows for a smoother transition into the New Time. This process began sometime ago. Now, as the shift grows near and the "colliding waves" become more dramatic, their Divine assistance is needed more than ever.

Natural disasters, pandemics and the unraveling of societal structures are energetic indicators that the old way on Earth is dissolving to make way for the new. The main purpose of Earth changes and the challenging times you are currently experiencing is to break you loose from old habits and perceptions, allowing you to "stand back" from your present identity self and see yourself through the eyes of spirit. From this unlimited perspective, you're free to step fully into fifth-dimensional consciousness.

## Events Unfolding on the World's Stage

You are now seeing many scenarios unfolding on the world's stage. These situations illustrate what happens when humanity fails to care for the environment, when children are neglected and abused, when species of animals are allowed to become extinct and much more. The saga of spiritual bankruptcy is played out over and over on the world's stage so all might learn the consequences of their actions and choices through the law of cause-and-effect.

Pandemics are another form of planetary teaching. One of the main reasons people experience illness is to receive feedback of how they are fulfilling their purpose. Now you will witness instances of mass illness when entire segments of society and entire soul groups are afflicted.

Right now, physical bodies are changing as greater light floods the Earth plane. People are being asked to "eat light," to eat consciously in other words. Part of this change is to no longer consume meat. As one's vibration rises, the physical system becomes cleaner. As the body becomes cleaner, the effects of eating tainted meat become more toxic. Toxins in the physical body systematically destroy the immune system. There's also a karmic element in chaining your destiny to the energy and vibration of the slaughterhouse.

Pandemics will come through doorways associated with environmental disharmony. Meat that comes from mistreated and abused animals living in filthy conditions will touch off the most egregious of viruses and biological pathogens. Those transitioning to organic, naturally-raised food sources – particularly vegan, vegetarian and living food diets – will be spared the worst of these.

As you move closer to Earth's transition point, new parts of you will come up for healing. You may find that you manifest disease and illness more quickly than ever before. Paradoxically, you will experience healing more readily than ever before.

## Strengthening Your Immune System

Once you have shifted to a high-vibrational lifestyle, you're better able to join with your higher self to strengthen your immune system. One way to do this is by entering a meditative state and going to your inner temple. You will find there a special chamber where it's possible to strengthen and fortify your immune system with high-vibrational frequencies. As you enter this chamber, affirm your spiritual purpose and the vision for your continued efforts to help transition the Earth to a new level.

## Joining with Others in Consciousness

As you expand your consciousness by tapping into the energetic field of the New Earth, you will be able to join with others in consciousness to help build the dream of the future.

One way to join with others in consciousness is by using advanced inner technologies. These technologies include lucid dream states and self-induced trancelike meditations in which you travel in consciousness to other dimensions. Interdimensional gatherings feature transmissions by ascended masters and opportunities to join with other lightworkers on the inner planes to envision the dream of a peaceful and expansive future. Some of you are already joining these gatherings in dream states and receiving downloads of "transcripts" from these



meetings. As you set about making this knowledge available to others, you help anchor the dream of the New Time. As you anchor this dream, you will see it manifest more fully in your physical reality.



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