

The Reality Of Being A Multi-Dimensional Being

An Ascension Update together with Aluna Joy and the Star Elders.

June 14th, 2015

(P.S. Most often the word WE and US, etc, refers to the reader, humanity and also to the Star Elders, as they do not see a separation between us and them.)

We are more than half way across the great void, from where we were, to where we are going. We have been immersed in a holy and divine, yet unsettling, up and down process of building a cosmic bridge between our current world and other dimensional realities. We are working to energetically tether our 3D world to the 4th, 5th, 6th dimensions and on... with our collective consciousness. It is crunch time, and this upcoming time, through the end of this summer, is the soul breakthrough you have been asking for. We are now in the process of uncovering aspects of ourselves that we have been digging for, and for a very long time.

We have been moving forward with great trust, step by step, with only mere peeks into what lies ahead. We have been following a new flow on a rather confusing surf. We are still purging twisted and tainted ancient lineage lines (genetic and spiritual). These corrupted ancestral lines cannot come with us any further. This work has taken courage, faith, heart break, surrender and community support and lots of energy. We have felt soul tired and confused, and have raised up our arms in surrender. We feel like we are on the very edge of permanent overwhelm, yet something wonderfully huge is happening. This is due to the fact that we are beginning to dance in multiple dimensions at once.

As we get closer to completing this multi-dimensional ascension process, we feel an increasing need to push the envelope, to break free and fly. We find ourselves repurposing and reinventing ourselves over and over, and fine tuning our focus and intent. All the while, we have been losing awareness of linear time, space and memory as we knew it. It can be confusing. Because of the confusion created by this transformation, many may try to disconnect from the current dimension and move to a perceived higher and more harmonious one. We want this, because we feel like we are becoming lost or stuck in a matrix of illusions and complexities that we feel is our 3D world.

The fact is that we are beginning to feel many dimensions at once. We are becoming multi-dimensional beings. We asked for this remember? A permanent escape to a higher frequency was never part of the divine plan in the bridge building stage of the ascension process. This is not going to happen the way we think. We keep hitting the wall and can go no further. What we want to share now why this is so. If you are ready to face and accept your divine living mastery as a multi-dimensional being, then read on.

We have been sharing that humanity is ascending into living mastery and becoming multi-dimensional beings. This does not mean that humanity ascends to another reality never to return. It means that we will be able to dance, play and create in all dimensions, either one at time, or wave back and forth between many dimensions, and eventually play in them all at once. What is important in any given time, will change moment to moment depending on our location and dimension. We can play in the material world and then flip to other dimensions of peace, harmony and oneness and even higher dimensions that are pure geometry, sound, or color and then slam dunk ourselves back into the material world (the 3d world). It is confusing and challenging to not lose our footing and our cosmic orientation point. The impossible and weird is becoming a new normal.

We are starting to catch micro-glimpses of other worlds and places while wide awake. We might see a person or place and feel like we are in another time for a few moments. Or we may only catch the fact, just for a moment, that we were somewhere else, and now we are back. And just like in dreams, when we wake up to our surroundings, we will lose the memory of where we just were. All that remains is the echo that we know that we just experienced some place else.

We are in the last bit of being faced with the last fragments of finishing up. We are scraping the bottom of the lineage barrel now. This is very deep processing. If we are not comfortable with deep water, then we better hang on. We must face being scared, extra sensitive, vulnerable and not avoid what is placed in front of us. This is going to be a wild ride of which we might never see again.

This flip flopping is causing a huge list of physical and emotional symptoms that we are very aware of by now. Currently we are facing disorientation, depression, confusion, memory problems, total apathy, and oddly, a sensitivity to light, just to name the main symptoms. The sun light can be quite harsh when we become accustomed to rarefied, omni-directional light in other dimensions. We may also forget about our 3D limitations in the material world when we become more accustomed to the limitlessness of higher and less restrictive dimensions. All this is going to take time for us to adjust to. It will be frustrating for a while as we might feel many conflicting influences and stimuli, physical and energetic dynamics all at once.

As humanity flip flops between dimensions, the material 3D world will be inoculated with higher frequencies. Through our awakening consciousness, filled with bits collected while traveling to many other dimensions, we are anchoring a new paradigm, cutting edge programs, expanded perceptions and perspectives, and most of all ... great innovation with new visions. Bit by bit our outdated reality will be slowly upgraded and the old paradigm will be recycled. Step by step we will advance and expand our consciousness to become living masters of multiple dimensions, and we will be able to leap from one to another at will and without the disorientation that we are feeling right now. (YAHOO) Our 3D world will be assimilated as we anchor more and more consciously in other dimensions. This material world will be upgraded, but it will not disappear, at least not for a very long time, especially when so many souls are still finding this world enjoyable.

What to do to ease this ascension...

Quit trying to escape this dimension. We know this will be hard as we can see the old paradigm rapidly degrading and dissolving, and are confused to why the rest of the world doesn't see this. We might feel like we want to jump ship. Our instincts to survive are natural ones and need to be honored. But if we lose our anchor here in the 3D world, our ascension to any or all higher dimensions will do nothing to help raise up this beautiful 3D world. Our BE-ing here while ascending does assist in this process.

Do something mundane each day: Weed gardens, pay bills, cook a meal, help our neighbors, etc. If our 3d life is starting to crumble around us, then we are losing our much needed anchor here. Stay grounded.

If grounding is not an issue, work each day to maintain a connection to higher dimensions. This can be done in dreamtime, meditation and eventually we will be able to hold a 3D awareness at the same time as the awareness of other dimensions. Hold on to this space as long as possible. Remember as much detail as possible before returning to the 3D reality. Feel your entire being anchoring in these other dimensions. We are all connected to very different and varied realities at the moment. This is why maintaining a non-judgmental posture at all times is vitally important. These different realities will begin to create associations with each other and eventually create a cosmic map, like a multi-dimensional matrix, that bridges one reality to another. ALL will be able to access this map in the future. Each of you are now recording, documenting, charting and

diagramming many different segments of the new, multi-dimensional matrix. This map has nothing to do with our four directions, linear timeline and space perceptions.

Maintain your orientation point that is in your heart center. Several years ago the Star Elders tried to explain to me what being a multi-dimensional traveler was going to feel like. In a vision, they took me out into the universe where there was no visible orientation point nearby (the sun, moon, stars, etc). Then they asked me a question? "Which way is up? Which way is down? Which way is north, south, east or west?" It was obvious that the only orientation point I had left was within myself. The Star Elders have been sharing the concept about our orientation point for many years now. It is only now that we are beginning to live out this experience.

Remember...

Waving back and forth, from 5D and higher, back to 3D, is something we are learning to balance to build bridges between our current and many other dimensions. Maintaining communication with like-minded ones is essential. Better yet, live in a sportive, like-minded community. To maintain balance, we should do something physical every day to keep us anchored to the 3D world: Grounding, partaking in healthy good food and clean water, without creating Orthorexia in yourselves. Orthorexia (an obsession with eating healthy foods) has become a huge distraction in the ascension process. Food is not as important as you think it is, not anymore. Our bodies are ascending too, and are learning to adapt and heal from toxins, viruses and bacteria etc. We forget to trust our bodies.

Allow ALL feelings and emotions such as bliss, joy, peace, confusion, depression, exhaustion, etc. Stay as positive as possible in each moment without lying to our bodies emotions or challenging processes. Lying to ourselves only creates more issues, and tricks the body and mind to not heal the issue we are trying to avoid by being faux positive. The obsession with sugar coating with what one says has become a huge distraction and has even slowed down our ascension progress. Sadly it has created much separation and loneliness in like-minded communities. Don't lie and say it is all good when it is not. Own the process. Make no judgments or involve yourself in any obsessions as both slow the process. Be supportive, patient and know that all life undulates from challenging to blissful. All things pass, and cycle out quicker if we face them.

Take time each day to do a reality check with your heart. Your heart is the only eternal orientation point during this very deep and surging process. These processes are expanding our ability to maintain multi-dimensionality! The process is important!

There is no doubt that this has been hard work. We have worked through many necessary phases. Even though we have felt a lack of support from time to time, there has been much divine help from masters, guides and angels, even now! And as we begin to interlink our cosmic perceptions, we will find much energetic and communal support in the future, and this is the world we have envisioned.