

LIVING IN THE FOURTH DIMENSION

BY THE ABBOTTS

A Divine Free E-Book

Many psychics, astrologers and Spiritual men and women will agree that humanity is going through a massive transformation in not only consciousness, but also body form.

The Age of Aquarius and the coming of the 21st century has heralded changes for all people, as we leave the third dimension behind and become fourth dimensional in nature. This is a natural evolution in humankind and is not to be feared or to be greeted with suspicion. It is a rare opportunity for all men, women and children to experience a new, exciting, spiritually uplifting manner of living. It is part of the Ascension process. All of us, no matter what religion, race, sex or age group are transforming into the angelic beings that we are meant to be.

In writing this free e- book, we The Abbotts, hope to dismiss any fears, worries or hesitancy you may have about this wonderful evolution in humanity from the lower 3rd to a higher 4th existence and instead, embrace it whole heartedly, for after the 4th dimension, comes the even more exciting and spiritually uplifting 5th dimension. So let us all enjoy the journey!

Love and Light

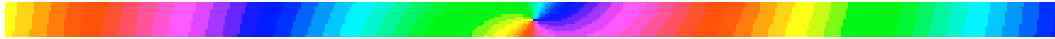
Robyn and Tony Abbott

The Abbotts

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p.s. At the end of each chapter we have suggested an e-book or e-course that we have written with the help of the Ascended Masters, that is related to the subject discussed. Our e-courses and e-books are great value and can truly transform your life for the better.

We hope you will consider purchasing them from our website www.spiritwatch.com However whether you take up these offers or not, please enjoy this free ebook with our compliments!



WHO ARE THE ABBOTTS?



Tony Abbott is a Spiritual Writer, Hypnotherapist, Life Coach, Healer, Clairvoyant and Teacher who has conducted Spiritual Development Groups for both beginners and advanced students of the paranormal, over many years.

A near death experience at 18 years, sent him on a world wide voyage of discovery, throughout Britain, Europe, USA, Canada and Australia and New Zealand. He now lives with his Twin Flame Partner and wife, Robyn, in the beautiful Blue Mountains region of New South Wales, Australia.

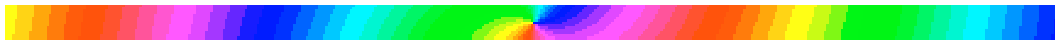
He has personally developed many new and exciting Spiritual and psychic techniques such as Star Master Readings, The Abbotts Life Cards, Gem Readings, Hermetic Healing and many more. His hypnotherapy sessions help people to find their true potential, discover Past Lives and overcome health blocks and problems.

Tony feels that there is a need for books, courses and general information that an individual or small group, can follow at their own pace, to encourage

their psychic/Spiritual gifts, teach them about Spiritual matters on an easily understandable level and also be lots of FUN!



Robyn Abbott is a well-known Australian clairvoyant and channeller who is a trained hypnotherapist, social welfare worker and has been a Spiritualist Minister. She has two published books on psychic phenomena to her credit, plus she is the author of over twenty e-books concerning Spirituality and self development. Robyn has been on a life - long quest to understand the meaning of life, give encouragement and caring to others and share her huge resource of Spiritual knowledge.



Chapter One

What is the 3rd Dimension?

For many thousands of years, men and women have been grounded in the very physical third dimension. The 3rd dimension is one of solidity, strength, heavy emotions and physicality.

Imagine a peasant working in the fields of the medieval period, when his physical existence is all that truly matters – eating, keeping warm in his simple mud or straw hut, having sex to create children, hard work and sleep. His day was ruled by the sun, getting up at sunrise and settling down at sunset. Houses, land, possessions, children and wives were valued more for their financial worth rather than for their own beauty or qualities. Daughters and sons were often bartered for money and prestige, rather than letting them have lives of freewill and self purpose. This is a harsh physical life and versions of it have existed up until the present day.

Yes, modern inventions have made the home more comfortable and work

more interesting and rewarding; modern lighting has allowed people to extend the waking hours and use them more productively and contraception has taken the worry out of sexual relationships that do not wish to end in pregnancy, but still many people do continue to live a very physical based, 3rd dimensional lifestyle.

Financial success through the stock exchange or property market is not so distant from the herd of pigs that signified a peasant's wealth many centuries ago or the modern trophy, younger wife symbolizing sexual prowess and influence!

Yet even the simplest peasant working in the fields would have had the occasional 4th dimensional moment. In his dreams at night, in church when his mind and soul soared in the moment, in the firelight when quiet reflection came to him, he would have felt the rising up to the 4th dimension. Even he would have sometimes pondered, if there was life after death or if God was real.

Even those who worked as artists in that period, often worked with dense artistic materials such as stone, clay or paint, sometimes going into the fourth dimension during periods of inspiration, but often remaining solidly in the third.

Those men and women who sought higher enlightenment and a refuge from the 3rd dimension harsh realities often became monks or nuns.

Often unfortunately for both the peasant or the cleric, their 3rd dimensional experiences would have been touched with fear. If he heard strange noises or saw odd sights, could they be demonic? Old women who healed the village, were they witches? Memories of past lives or strange esoteric powers, would be dismissed as mad or bad! Most people kept to the safety of the known physical world and left paranormal experiences to the witch doctor, nun or priest!

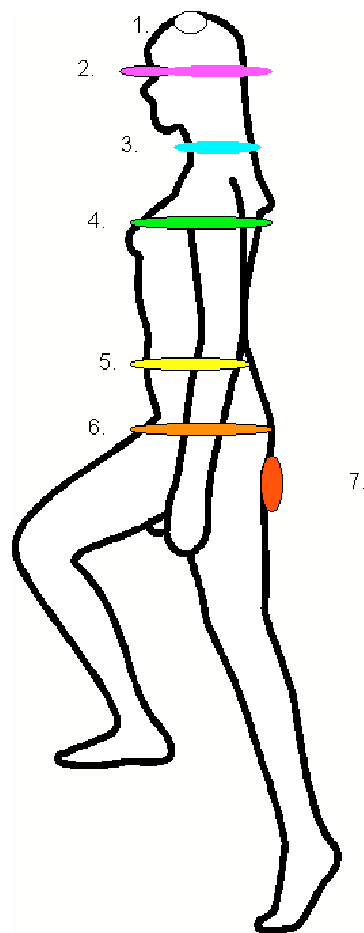
And so today, many people live very like our simple peasant, living to eat, sleep, procreate, work, recreation and rest. They may belong to traditional churches that do not question their established dogma, and are content to live by society's standards and die as their religion dictates. They are concerned only with worldly success and power and dismiss higher feelings and philosophies as useless and time wasting. 'Hard work is the only way to get rich!' they declare knowingly "And the paranormal is humbug!"

In a way of course, they are correct – in the 3rd dimension you do normally have to work hard to attain wealth, good health and success. The heaviness of the dimension demands energy to use to achieve your goals. There are very few ways of circumventing this Law of the Third. You may be lucky to be born rich or win a lottery, but generally you will have to work for your goals

in a hard physical and time related way. Some people would describe living in the third dimension as walking through treacle – very difficult to do and not very pleasant!

Those of you who know of the chakras of the human body, the pranic energy bodies of light which swirl within the astral body, may realize that it is the lower 3 chakras that are being mostly used in the 3rd dimension. These chakras are the red kundalini chakra which signifies life energy, the orange pelvic chakra of sexuality and the solar plexus chakra of yellow light which signifies power issues.

Diagram of the chakras



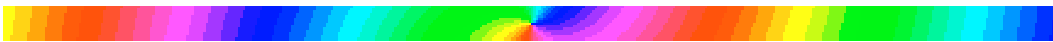
The higher chakras are rarely used in the 3D world. (They will be mentioned later). Life energy, sexuality and power are the three staples of a 3D lifestyle. He who lives the longest wins. He who fathers the most children wins. He who has the most power wins. These traits obviously have worked towards war, conflict, slavery, women's suppression, child misuse, unsafe working practises, accidents and illness and religious conflict to name but a few unfortunate issues.

Sports also play a major part in 3rd dimensional life. Look at our well paid heros of today, are they not similar to the Roman gladiators of the Colosseum, though they now shine in sports such as golf, football or tennis? Physical prowess is still regarded by many people in the 3rd dimension, as a higher human trait. It is firmly influenced by the kundalini or base chakra of life energy.

Similarly, food is much stodgier and heavier in vibration in the 3rd dimension. Meats, milk products and grains are prominent food sources for 3rd dimensional activities that involve action, stamina and perseverance. In the fourth dimension foods are generally lighter, less meat eaten and traditional food exchanged for a variety of international cuisine. Roast beef exchanged for vegetable Thai green curry!

There was a time in England, when wealthy people were taxed on the number of windows in their stately homes. And the suggestion of a tax, on the number of sexual activities a man had over a year! Odd but true! You will notice that these taxes are concerned with the solar plexus chakra (wealth) and pelvic chakra (sex). The government hoped to make money from men's pride and vanity!

Previous generations have begun to awaken to a higher way of living and through their efforts, particularly those of the Light Workers of the last 60 years, we have finally entered the lower 4th dimension and all these former heavy, traditional behaviours and traits are being dissolved and replaced by a higher, 4D way of living. And it is this 4th dimensional existence is what we shall now explore.....



What is the 4th Dimension?

The fourth dimension is a much higher state than the 3rd dimension. In it energies are finer and lighter, but at times also confusing to people, as we make the change to a new way of living. The old familiar values of society are quickly disappearing and new thoughts, behaviour and actions taking their place. This can be very confusing for previous generations who have difficulty adjusting to the new ways of society.

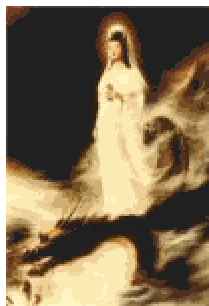
The young embrace these changes with enthusiasm, but many light workers and older generations are wary about the changes in sexual behaviour, female and male roles, drug use and alternate medical and spiritual practices.

Spirit has realised that for many, the changes will be difficult and has therefore channelled to us, The Abbotts, over the years, many messages about the new era, what we can expect and how the 4th dimension will affect us all. Here are some of their amazing channellings.

Q. What is the fourth dimension like?

A. It is a place of illusion and often confusion. However, it shows you a little of what humankind is capable of attaining on the fifth and higher dimensions. There are twelve dimensions, each rising in vibration and energy. On the 4th, you learn about your psychic powers and start to work with them. However many people never rise above this level in their lifetime, because they get stuck. They get stuck, because they misuse their psychic powers for only personal gain or for negative results!

People who create negative spells, manifest only for wealth and power, try to destroy others or rob the planet of it's resources for their own greed, do not rise above the fourth dimension. Many lower astral beings use the fourth dimension to confuse genuine seekers of Spiritual knowledge. That is why it is important that you learn to fully protect yourself psychically and call on angels to guide you through the fourth to the fifth dimension and higher."



The Ascended Masters, enlightened beings who have lived on Earth, such as Sananda, Buddha, Mother Mary and Kwan Yin have often spoke to us about

this unusual state of being. Here is a channelled message from Kwan Yin on this subject -

Fourth Dimensional Effects

"Blessings to you all, I am Kwan Yin.

I see, Dear Friends, that you are all feeling the effects of entering into the fourth dimension. Some of you, perhaps, feel a little dizzy, a feeling of spaceyness, perhaps in the head, of disorientation, perhaps a little loss of memory etc. These are all the feelings that are natural as a third dimensional body begins to become more finely defined. I will speak a little about the fourth dimension, because you people up here, on your beautiful Mountains, will feel the effects first, because the mountains themselves are a power centre, because they are crystalline based and they amplify many effects, particularly of a Spiritual nature at this time.

So you are the vanguard, feeling these effects before it flows down on to the plains and into the cities. But of course they are still feeling some of this effect, this vibration, but you will feel it much stronger than they will. At this time as part of your life plan and a subconscious calling, you have been called to the beautiful mountains in order to feel these effects first, that you cope with them in a sensible way, that you learn to control them, utilise them and integrate them into your life. So that in turn you can teach others about these effects, later on.

You have thought of going into the fourth dimension, as somehow moving on to another plain of existence, almost entering on to another layer of development and this is true. Some of you have felt, as this happens, all around you will fall away and become different. In a way it will become different, but not because it is in the fourth dimension. But as you refine your body, as your Lightbody comes to more and more of a prominence within you, you take on a different perception of what life is about. You begin to see with clearer eyes. You begin to hear with a greater clarity. Begin to feel with a stronger rate than you have before.

Many of you will find that the third dimensional delights that you so cared about, perhaps, 5, 10, 20 years ago are no longer so important. You may have put this down to the ageing process, but this is not so. It is that you are losing, if you like, your interest more and more in third dimensional reality, as you seek the delights of the fourth dimension.

It is as if you had a torch, a very tiny little one, midget torch, perhaps you would call it and you walk into a darkened room that you have never seen before and all you can get is a pencil beam light. So that you only see a small area of that room, perhaps your pathway along the carpet, perhaps a vague outline of furniture and perhaps just a little distant door in the back ground.

That is, as if you have third dimensional Light within your body. You only see clearly, to a small amount.

Again, if you refine the Light within you, it is as if you go in to that room with a stronger torch. So you begin to see larger amounts of the room. Perhaps some of the furniture close to you, perhaps patterns on the wallpaper in the distance etc. That is as if you are going into the fourth dimension. And as you go into the higher dimensions, it is as if you walk in with a super torch that shines with a beautiful Light, so that you can see the entire room and perhaps even through the windows, some of the garden beyond. As you refine the Light, as it grows stronger within you, then the things around you, you see with much more clarity.

For instance, perhaps as an adult you have taken a child to a pantomime at your Christmas time. You watched the small, immature being there, watching the pantomime. See how they become absorbed in the acting, how they believe in the characters on the stage etc. They are totally engrossed in what they can perceive. But you as an adult, can look at that acting there and you think to yourself, " It is very well done!" You even enjoy the show, but you also see the backdrops, you see the characters and you are aware that the characters are actors playing that part. So your perception is of a higher degree.

If sitting next to you was someone that was involved in the theatre, they would even see the production in an entirely different way. They would see, if you like, the direction, the production, they would hear the musical score, they would be able to follow aspects you are not aware of!

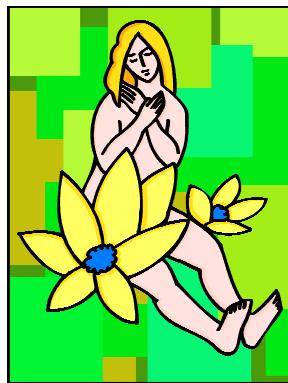


So it is as, you progress in developing your Light body within you, things around you are seen with a greater clarity. As you see with a greater clarity, then the earlier aspects fall away. Some of their appeal is gone. So it is a matter of perception. You feeling what is around you in an entirely different way. So as you travel in to the fourth dimension, your house will still remain the same, your cars will remain the same, people going to work will often remain the same. But you are beginning to see it in an entirely different way, as your body changes, your mind will change and your thoughts will change.

When enough people's perception changes, then around you, you will find the

third dimension beginning to change. The things that held society's consciousness in the past, will no longer be as relevant. So you will find less production of certain articles, as people become more aware of ecology, become more aware of a connection with the Earth, with the stars etc.

So society's direction will begin to change, as more and more you transfer the longing, the desire for third dimensional objects, into a better relation with the fourth dimension, of feeling oneness with other people, of feeling oneness with different kingdoms of the Earth, the devic (nature) kingdoms etc. So the direction of the planet will change, as you begin to perceive the planet as a living being, that you can create a harmonious state with.



As you begin greater contact, greater connection with Spirit, so again your perception changes as to who you are. As you begin to perceive yourself as a Being that has incarnated into this body, for a short time, you'll begin to perceive the world and other Beings in an entirely different way.

So Dear Friends, it is not so much a raising up into a higher or different dimension, it is you expanding your Light outwards and beginning to see more and more the clarity, the vision of the Cosmos around you. This changes you and makes you into a greater Being!

I am pleased to see the Light around each of you is developing so strongly. It is so beautiful to look at your auras and see the light within. You are all Spiritual people on a Spiritual path. You are all doing your best. I can see that your intentions are all good. You are a little confused by this fourth dimensional light within you, that is growing stronger. It is true that you will change in your thoughts and your development, but it will be for the highest. You then in return will help others, similarly confused, as time goes on. Remember I am here always. All the Masters are here to help and guide you.

You are on a wonderful journey, Dear friends.

Please enjoy it.

Adonai. Kwan Yin"

Kwan Yin is known as the Chinese Goddess of Compassion, Mercy and Healing. She is now an Ascended Master and is often contacted by Spiritual healers to aid in their treatment of patients.

Now we may like to examine the chakras that are used more commonly in the fourth dimension. These are usually the heart chakra, throat chakra and brow chakra. These are of a higher, finer nature than the lower chakras of the solar plexus, pelvis and kundilini. The green and pink heart chakras (green for conditional love and pink for unconditional love) guide us to love humanity more and create unity with all peoples, religions and sexes. The throat chakra which is blue in colour helps us with communication, not for power or business, but for creating empathy and unity with others. The brow chakra is concerned with Spiritual and psychic actions and thoughts. It is purple in colour.

As humanity grows in higher aspirations, knowledge and love, these chakras come into play more often than the lower chakras. It can be seen as a change from self to unity with others. Caring about others and wanting contact with others not for power and gain, but to exchange ideas and love. Of course you still use the lower chakras of power, sex and life energy, but they are not so prominent or controlling.

The throat chakra for instance can represent mass media and the internet, mobile phones, television, movies and computers. All ways to increase contact and understand other's opinions and ideas.



Think of the 3D peasant, who did he ever encounter that was new and enlightening? He met people like himself who reinforced his ideas of life, bigotry and religion. But now with the flick of a mouse, on the internet you

can talk to someone in a distant country whose religion and philosophies are so different or alike to your own! On the mobile (cell) phone you can contact loved ones instantly and the mass media of television can keep you informed about what is happening on Mars or the most distant spot on the Earth. The 4th dimension is truly amazing!

Here is an inspirational channelled message given to The Abbotts from Ashtar of the Ashtar Command, an organisation of loving Spiritual alien beings from the 6th and 7th dimension.



"Greetings, I am Commander Ashtar of the Fleets.

Well, Dear Friends the Human race is almost done! Don't be frightened, it does not mean that the end of the World has come. But it does mean that humankind is about to make a quantum leap into a higher dimension.

For I am sure you have all felt the changes that occurred over the last few years. When as you say, you find that you are drifting out of the third dimension into the fourth. This year particularly, many of you will have felt this experience, in your meditations, in your daily work, as you dream at night, as you do your psychic abilities and actions.

You find yourself almost drifting into another world. Perhaps at the moment the world is a little more blurry, a bit more confused at times, time seems to speed up or go very, very slow, but mostly speed up.

A time in which you seem to feel a lot of physical ailments. This year I am sure you have all felt it. An expansion of the head perhaps, to many of you aches and pains, headaches etc. Many of you have had the flu I know over the last few weeks or months. Again in many ways this is sent to you, to have you sit still, contemplate, go within, to get ready for this giant leap.

I would describe to you a type of pulsing. I know that some of you when you see auras about people, are aware that the auras pulse. They are not static, they pulse. Life is like that. Life pulses. At the moment pulsing out of the third dimension quite often into the fourth. Some days you will be pulsing, third, fourth, third, fourth, fourth, fourth, fourth, third etc.

I am sure you have all felt it and particularly when you have a third dimensional day, in which you don't think of Spirit, you don't integrate Spirit into your life, then sometimes the time does go very slowly. Sometimes you feel very grounded, it seems most unusual.

You are all getting used to the fourth dimension where your psychic and Spiritual abilities are growing. Where you have direct communication with Spirit, a better link with Spirit, almost constantly.

And soon what will happen is that you will be pulsing forwards from the fourth to fifth dimension. As you spend more time in the fourth, many of you will be pulsing into the fifth, sixth and seventh dimensions and beyond!

As you get more and more psychic awareness in your present day life, time will contract and become very fluid. Moments around you will become very fluid and you will find you have more mental telepathy with others. Your prophecy skills are increasing. It is all part of going into the fourth and into the higher elements of the fifth dimension.

We of the Fleets that come as helpers, Overseers of the Earth. We come from many, many different galaxies throughout the Universe. Many of you have had lives on these galaxies, so many of you have found that up to this point your lives have been quite difficult. Many of you have never felt grounded on

Earth, even though you may have had many, many lifetimes here. It is because your heart sees home, as being on another planetary source and you long for the loving Light and the wonderful civilisations that are upon these other planets.

But Dear Friends, never forget that you come as volunteers, to be upon the Earth, to help the Ascension of humanity and the Ascension of the planet itself. You are all volunteers. None has been conscripted, believe me!

Those of us that serve in the Fleets, have had contact with humankind for many hundred of thousands of years, encouraging you to your growth. 36 times, groups of beings on the Earth have ascended and the Earth has ascended. Many times humanity has failed to make the ascension point and civilisations have collapsed.

We wish, very much with all our heart and soul, to help you with this particular ascension. We feel that many of the Light workers are actively doing the work that they are meant to do. Others are awakening and beginning to perceive what their lives could be like, if they had a more fulfilling way of expressing their internal love and decide to help humanity and the Earth.

Dear Friends, look for what excites you, what makes you happy, what fulfils you, this is your life's purpose! Begin to love truly, all human beings. You cannot just love one race and hate another. You cannot love one sex (gender) and hate another. You cannot dislike the animal kingdom, yet love all humanity. All is One, as our good friend Kuthumi has said and it does take Faith, as Mother Mary has said and Trust. But dear friends, you need to integrate this more into your lives.



You need to look at the blocks that are within you and allow these blocks to be released. You need to cleanse your vessel, so that Spirit can come through more clearly and so that you can pulse easily into the fourth and then beyond into the fifth dimension.

So Dear Friends, just as when you were in kindergarten, you had to put in some work to get to the first grade and then from first to second grade. You could not just sit there for a year and then be promoted. So it is with Spiritual work, Dear Friends. You need to put in some of the work, at least 50%, and believe me, then Spirit will help you with the other 50%. *IF* you ask.

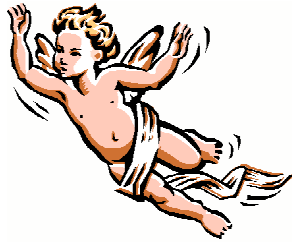
We of the Ashtar Fleets, are always sending out our love and guidance, to many groups, such as this one. We are always helpful and here, for advice. We can not intervene upon the Earth, except in the most calamitous situations, such as a complete Third World War, that would wipe out all of civilisation. But, we will not allow Earth to come to this point. We wish to see the internal ascension begin in all humanity and then we will come in at a point when we can aid you, after *you* make the first few initial steps.

So please, Dear Friends, never lose that faith that is within you. Never lose the desire to raise yourself up. You have come here for a purpose, and we are ever here to send you Light, to help you not only to develop that purpose, but to be successful in the end!

Now Dear Friends have you any questions?

Q1. I have a question Ashtar, has humanity come close in the past to Ascending?

A. Yes, that is true. Almost every five thousand years, or after ten thousand years, again humanity begins the Ascension process. Sometimes failing, sometimes lifting, but always on the increase, to the Light. People falling into stages of darkness, but again mankind sees the Light and eventually works towards it.



Q2. Can you tell me what happens to those beings who fail in their ascension?

A. At the end of the lives of those beings, of course, they have the choice of being able to reach the higher dimensions or perhaps returning to their planetary source, for many more lives, or remaining on the higher dimensions and learning more experience, more skills, that they can later use as volunteers, to help others lift.

Others will just come back in lives, where they reincarnate time and time again on Earth, enjoying third dimensional pleasures of being on Earth. But Dear Friends, believe me, as much as you may enjoy having the third dimensional pleasures around you, the fourth, fifth, sixth and seventh are ecstatic in comparison to what you have now!

Q3. Many people talk of the years 2010, 2011, 2012 etc. as being basically the end of the world. Do they mean the end of the third dimension, as we know it? Or do they mean a more permanent thought and step into the fourth and fifth dimensions?

A. It is true! In the past, many people perceived these years as being ones of danger for humanity, but as you can see now, as the fourth dimension comes into your daily lives more clearly, it will be a gradual process, providing the consciousness of the Earth raises to that limit. You see many people do not understand the symbiotic relationship of humans and Mother Earth. Mother Earth reflects what humanity is passing through, her emotions, her angers, her fears, her love and her harmony.

In the same way, she will react if there is anger and hate or fear, upon the planet and this causes earthquakes, tidal waves etc. If they, the people of Earth, have risen to a point of harmony, of understanding, Light, of

unconditional Love throughout the planet and they can promote this peacefulness amongst themselves, then the Earth, in the same way, will mirror their feelings, their emotions and so it will be a gentle process from the third into the fourth dimension.



Already, you are developing technology on this third dimensional plane that will be useful in the fourth. That is your computer systems, that is your miniature technologies that are electronic devices etc. These devices can be used for good or for evil, as you have probably found out. Your Internet for example, can be used to put out pornographic images that debase or tell people how to make tear gas etc. Or it can be used to promote health issues, to be used to unite people or the planet.

In the same way, radioactivity can help, if it is in a power plant, if it is used for energy, at a low cost to help grains grow upon your planet, in your fields, to feed many, many millions of people. Or radioactivity can be used in Atomic bombs. In many ways you are being given fourth dimension technology, which can be used for good or for evil. It is up to humanity to see how they use these.

In the past, it has been as you would say, " the bug bear" of many of the civilisations that have attempted to rise. They have gone through the fourth, accepted all of this technology and they have destroyed their civilisations, through the use of this or have so negatively used these powers that the ascension has really fallen flat! They have had to rebuild their civilisations, once more.

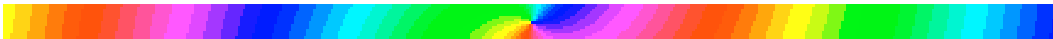
So it is a good warning to ALL of you human beings here, use what comes in as fourth dimensional technology, to raise you up, not to bring you down!

With these words, I will leave you Dear Friends. I hope you will think upon my words. Listen to the words of Kuthumi and Mother Mary, they are all important to your growth. Know that you yourselves, can do much. Never think you are only one. For when you meet in groups, each as this, One Becomes Many. And the energy of many, can truly make things change.

Action and intent is what you need. Intent - knowing what you want to do, putting energy behind it. Action - to actually get out there and do what you know, is right in your heart.

Blessings to you all, from the Fleet.

Adonai. Ashtar."



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These amazing powers can be learned easily and assimilated into your daily life. Our aim is to make the paranormal - understandable and useful to you. If you are a healer, counsellor, teacher or student of the metaphysical, you can easily learn to incorporate the gifts we teach you, into your daily life and work and you will be astonished at the astounding results that you attain. All the knowledge taught in our inspiring classes has been personally experienced by the teachers. It is the latest, up to date knowledge available, on these extraordinary subjects.

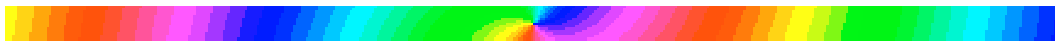
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Chapter Three

What is the 5th Dimension?

Describing the fifth dimension is very difficult, as the words we have at present do not do it justice. It would be like asking a blind person who has never had sight, to describe a rainbow in the clouds. They may have some idea of what it would look like, but never having seen colours or a rainbow or cloud, they could only give an approximation of the effect. So our understanding of this wholly different dimension can not be fully comprehended by our 3D and 4D minds.

Higher beings have attempted to describe the higher dimensions to us in channelled messages, here are some below –

Q. WHAT IS THE FIFTH AND HIGHER DIMENSIONS LIKE?

A. Peaceful and powerful. You are still in human form, but light body symptoms will increase. Your powers will become more apparent and you will always, use them for the highest.

The pleasures of the third and fourth dimensions will lessen. You will think clearer and life will make sense! You will discover great truths. As you raise up the dimensions, you attain all the powers of a Master. These you will learn to use with unconditional love and respect.

You become part of the One. You lose separation, as you rise higher. Your compassion and love increase, in pace with your universal knowledge. It is wonderful. You can attain it!"

"The traditional roles of yang and yin, male and female will change as you become more balanced people. There will be few exclusive male roles or female roles, all will be equal!"

Spirit has also described the 5th dimension as – "Light filled, becoming more angelic. Thoughts become flesh and desires of the highest are met. Instant manifestation that aids everyone, not just the self.

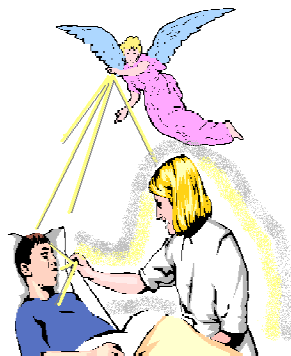


Combined synergetic energies from millions of minds create peace, health, good living standards for all, unity and joy. Minds together can create rain when needed, settle the continents to prevent earthquakes and tsunamis, help the crops to grow, control temperatures, reduce the ozone levels, heal people and animals and have greater contact with Spiritual and higher alien beings who also care for humanity and the Earth.

You will see music, feel colours, smell joy and have the senses of the angels. Gems and animals will talk to you and you will meet and talk to Earth Spirits such as Gaia. A wonderful inspiration for artists, healers and musicians!"

"Many established religions will pass away, for replacing it will be a Oneness of spirit, all people working and celebrating life in a respectful, loving manner, communicating naturally with higher beings, angels and spiritual forces."

"Medical cures will eliminate all illness and people will be taught how to personally heal their own bodies with safe, natural methods, utilizing the earth and cosmic energies."



Master Joachim has told us – "First you must learn to deal with the 4th dimension. It is one of illusion and greed can misuse it and prevent growth to

the 5th. If you only manifest your own base desires – wealth and objects, control of others, then your society will get lost in the 4th. This has happened to many generations on Earth, who have been lost in struggles for power, sexual favours, wealth and greed.

Make sure that your goals are noble and for all humanity, not just a select few. Place joy, respect, unconditional love, help and encouragement to the fore. Stop and think – is this a higher, noble act and thought or a selfish, greedy one? Act like a Master or angel would, and you will move from the 4th to the 5th speedily and easily!"

The chakras of the fifth dimension include the highest body chakra of the crown, white in colour. Also higher chakras beyond the physical body are also used to connect with Spirit, knowledge and powers!

The fifth dimension indeed seems like a paradise to us who struggle in the 3D and 4th, but like all things worth having it must be worked towards, respected and desired, leaving behind the dross of the 3D and 4th, for you cannot have a foot in both camps. Don't let the base objects and desires of the 3rd Dimension, such as a desire for wealth, or the base effects of the 4th, such as drugs, hold you back from attaining the true worth of the high 5th!

How to experience the fifth dimension for a limited time?



Often in meditation people find their Earthly bodies diminish and their souls soar into a beautiful space. This is the fifth dimension. Here there are no heavy body restrictions, the mind is not on mundane daily problems and a type of cosmic unity occurs. This is the fifth dimension. When you come out of your meditation, you normally feel happy and relaxed, but more focused and active, this is the 4th dimension.

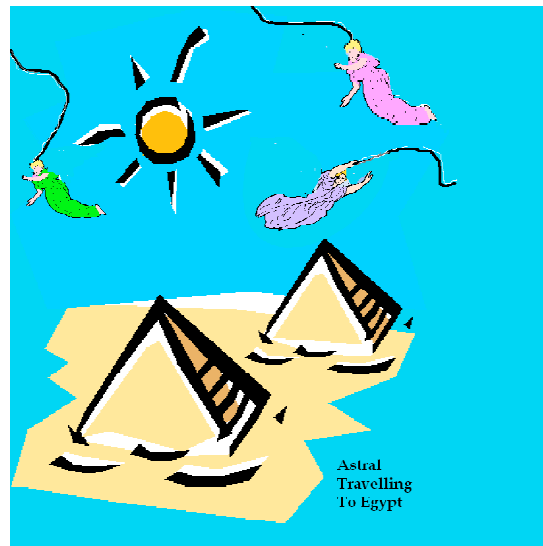
You may sometimes feel this fifth dimensional experience during religious services, dream states, uplifting emotional experiences, while channelling or

contacting Spirit, while giving generously and unconditionally to others. The experience may not last for long, but it is very effecting and is remembered as being illuminating and special.

Many everyday activities become redundant in the 5th dimension. Foods become much lighter. No meat is eaten and even light vegetable based 4th dimensional food is exchanged for a lighter diet of honey, fruit and liquids. As the body uses less physical strength and more mind and soul power used, the lighter, more refined diet becomes sufficient. However we do not recommend this dietary change yet, for our heavier 3D bodies, would starve on an extended diet of 5th dimensional foods.

Clothing will change as we have greater control over our body temperatures and less interest in superficial prevailing fashion trends. Gossamer, light reactive materials will be enough to cover and protect us.

Similarly we will gain more interest in mind contact with others, astral travelling, creating unity and less interest in material goods such as cars, computers and telephones. They just won't be needed!

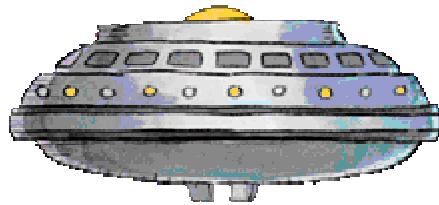


Romantically, we shall easily find our Twin Flame partner and find them as an amazing loving partner for life. There will be no multiple partners or divorce, emotional pain or wrong romantic choices. As we learn to read each others thoughts and experience the person on deeper emotional levels, betrayal and hidden motives can not occur.

Child birth will be a special event, not an accident or unwanted pregnancy. The extended family will give emotional and physical support and the child's upbringing will be a loving community experience. The child will be gently

encouraged to discover it's talents and gifts and taught to use them for the benefit of all and for their own enjoyable vocation.

Wisdom will be shared by all and there will be no greed for power or control. Governments will be gently served by wise and kind hearted people who have the welfare of all races and beings in their minds and hearts.



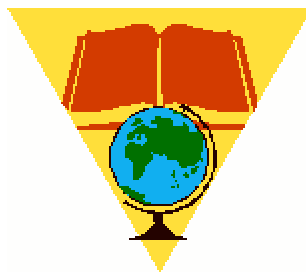
Interplanetary travel will be simple and common and contact with higher aliens and angelic beings a daily event. Much higher knowledge will be shared and put into practise.

For all children and adults, the fifth dimension will be an uplifting, lifestyle of unity, generosity, good health and concern for all people, no matter what philosophy or opinions. There will be a common striving for all to eventually rise into the sixth dimension of higher light and wisdom.

Do not fear the changes that lie ahead, instead look forward to the new amazing experiences we shall all encounter!



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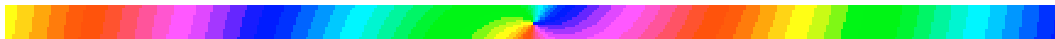
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Chapter Four

Daily Life problems and solutions of the 4th dimension

We shall now look at everyday problems that we all encounter in the 4th dimension and look at practical solutions for coping with them. Many of these ideas have been given to us by the Ascended Masters and our own angelic guides and we have found them to be easy to follow and they work!

But first a cautionary channelled message from White Eagle, a wise Native American Ascended Master on the problems of manifesting the things you desire in the 4th dimension!

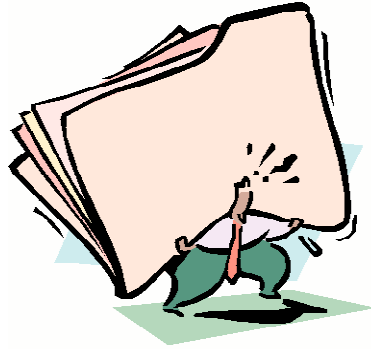


‘HO to my tribe, I am White Eagle.

It has been said, that what you think, you are. What you think, you manifest. Never, has it been more true! For as you travel now, into the fourth dimension, what you think, *appears*. What you think, *you create*! And I warn you Dear Friends, the gifts of creation are very wondrous, but you must learn control. If you do not consciously create, then your unconscious creates for you, and the unconscious often creates what you do not truly want! For your unconscious does not understand that you are on a Spiritual journey and will often give you what you *want*, in a very round about way, rather than *what you need*.

For instance, Dear Friends, if you were perhaps at your work place and you felt tired and you sent out the unconscious command that you would like some time off, because you are so overloaded with work, your subconscious, your unconscious mind, may then create an action for you, on you way home in a car creating an accident or tripping, as you move out of a train. You may

injure perhaps your arm or leg, which then ensures that you cannot go to work, that you must be at home. But this is not what you consciously wanted. You wanted to be able to be not so over burdened with work and perhaps to have time off, but not through an injury!



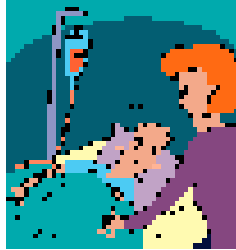
But it has been your unconscious, your subconscious that has created what you needed, a rest period. How much better it would have been, if you had consciously sent out the message, "*I would like time off, but make it happen through a beneficial act. Something happening, such as perhaps winning some money or being offered an opportunity to work at home or being given the opportunity to work fewer hours.*"

The trouble is that you do not always consciously add on to your first request. For instance, your unconscious, your subconscious mind has been with you, of course, since birth. It knows in the past, what has brought certain activity into your life. For instance, if you were a child and felt you were being neglected, you felt a little unloved, then you often manifested a sickness. Perhaps you would get something like a childhood disease, such as measles or mumps something of this type, or a bad influenza attack, so that you could spend time in bed, be mothered, looked after, become the centre of attention.

This may work, Dear Friends, when you are a child, but when you become adult, if you are feeling a little unloved, a little neglected, manifesting an illness does not always make you the centre of attention, the way you would like to be! It may instead greatly inconvenience you and place stress on your body.

What you would really like, is to be loved and cared for, in a way that is beneficial to you, that is positive for your development. But again, if you

merely sent out a request in your mind, that, "*I would like to be the centre of attention, I would like to be looked after!*" then of course, if you leave it that open, your unconscious mind then can provide the answer for you and it is often not the answer that you truly need!



So one of the benefits of creation is that you must learn control of your conscious mind. And I would suggest to you that each morning, even before you arise, think clearly of the activities that you must do, during your day. Think clearly of what you would like that day to create for yourself.

Most of you would like a day of harmony and balance, of achieving goals, of perhaps having satisfactory amounts of money come to you, of having loved ones around you in pleasant stable relationships, of being healthy and fit in mind and body. When you think of this, think of your day as being positive and send out the commands that, "*These good things will now be created for me, in my day!*"

Never lie on your bed and think you have something that you need to do, some dreadful task that is arduous, that is difficult. Never visualise yourself failing! Never visualise yourself being unhealthy! Remember that creation now, is coming to you very, very quickly and all the gifts are coming to you quickly.

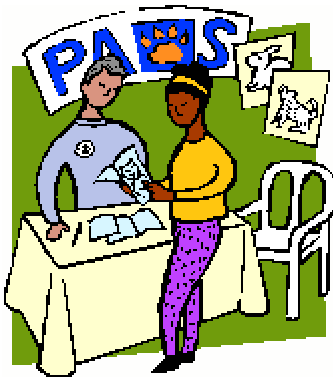
Do not misuse these gifts, in away that causes you strain and stress. Realise how important your thoughts are and create a perfect world for yourself. You are all becoming capable of this, do not create an imperfect world! "

From waking up in the morning to going to sleep at night we must become aware of our thoughts and subconscious actions. It is not enough to move automatically through the day as you would in the 3rd dimension, without conscious thought. For if you are daydreaming, you are also manifesting

things to happen to you – good or bad.

This is why your thoughts should be as positive as possible. When you feel yourself becoming depressed or anxious, change your thoughts and mood consciously. Think of something pleasant, go talk to someone uplifting, just don't drift into sadness or you will manifest this more often into your life. This is what the Universe thinks you want and it will supply it! Thoughts took a long time to manifest in the 3rd dimension, but they are much quicker in the 4th!

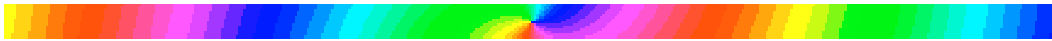
Also be aware that thoughts are not only contagious in the 4th, but they have the power of synergy (combined energy) behind them. Therefore at times when others are jingoistic, militaristic, violent, religious bigoted or racist, you may unconsciously pick up these thoughts and vibrations and begin to act and think on these baser lines. If this happens, stop! And redefine who you are and what your life philosophies are and reaffirm who you are and what you truly believe in. Don't get swept up in lower emotions and causes, but instead try to help higher causes such as helping others, ending poverty, helping the planet and ending animal suffering. Use the synergetic energy for good!



The Starseeds born since 1971, are a different kind of being incarnating to the Earth at present. They are gentler, less materialistic, more artistic, more sensitive, but also more unused to the harsh vibration of 3D/4D Earth. They have come from higher 5D existence and often feel confused in our society, turning to drugs and alcohol as an escape. However their sensitive bodies do not react well to many Earth drugs and they are often tipped over emotionally into thoughts of depression and suicide.

These oppressive thoughts can be counteracted by engaging in work that is uplifting and enjoyable, communicating with other Starseeds for unity, following pursuits which use their higher talents, rather than sink into the apathy of drugs, violent videos, and base behaviour. The Starseeds must try to remember that they came to Earth as eager volunteers to change it for the better, to help the masses rise to greater consciousness, not to delay the process by inaction and apathy.

Keep this dream and goal alive by making a personal plan for life and working consciously each day towards it. It may be written down or kept on your computer, to inspire you. It may be an intricate step by step plan or a simple statement such as, "Everyday I help to change the world to become a better, more loving 4th dimensional place to live! Ho, White Eagle. "



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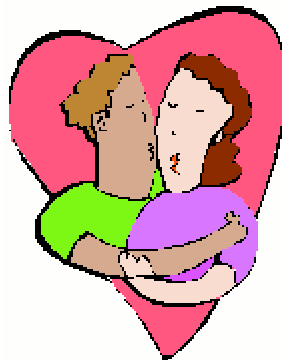
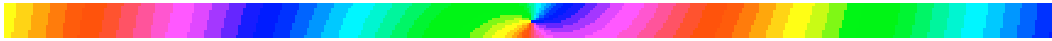
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Chapter Five

Daily Love problems and solutions of the 4th dimension

Relationships in the 4th dimension are vastly different to those of earlier generations. Many people are Spiritually awakening to the realisation that our Spiritual and psychic natures should not be kept exclusively, for a few hours on a Sunday or Saturday, at Church or Temple. Our Spirituality should encompass our entire life, if we are truly to believe that we are higher Spiritual beings.

How then, does the Spiritual person deal with romance, love and sexual relationships?

Surely, there must be a "higher way" of dealing with these complicated and emotional issues, that we all face everyday in life! In the 4th dimension these issues don't go away, in fact they are as important as ever and here are some solutions from the higher beings. Many of these suggestions have been given to us, The Abbotts, in channellings from the Ascended Masters, enlightened beings who care for our Spiritual and physical welfare.

Here are some explanations of the different types of love partners that you may attract –

Twin Flame - The perfect Spiritual, emotional, mental and physical partner for you. They are often similar to you on all levels and help you to reach your potential in all your skills and abilities. You only have one!

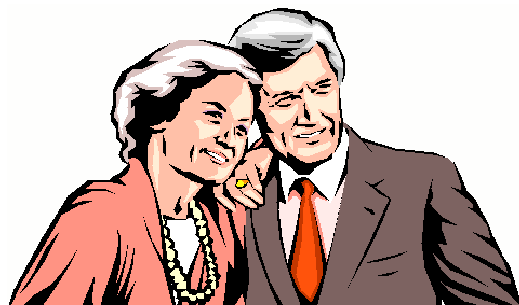
Soul Mate - A very compatible partner who is usually complementary to your own skills. You have several.

Kindred Spirit - A partner with similar beliefs.

Karmic Connection - Someone you have known and interacted with in past lives. You owe each other karma (either help or hindrance).

All of these types of romantic lovers will teach you life lessons about yourself and others. It is important to see them all as valuable teachers, rather than enemies or failed affairs. Each time you end a relationship, try to learn from it what you can, see your faults and virtues as well as your partners and use it to help define, just what it is you truly want in a Twin Flame partner. Forgive any hurt they have done to you, or forgive yourself if you have behaved badly and don't repeat the lesson! Grow from the experience!

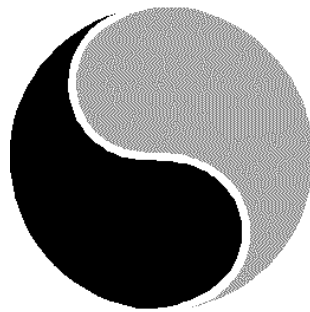
Your Twin Flame is a very special person who has voluntarily incarnated to Earth at this time to be your true partner. They will love you, guide you, support your dreams and aspirations, help you to develop your skills and abilities and love you unconditionally. You will do the same for them. A Twin Flame partnership is based on respect, equality and trust. There is always a deep Spiritual connection and a strong urge to unite your talents and work for the betterment of society, the planet and increase your own Spiritual natures.



You have only one Twin Flame. If you were to give them a percentage they would be 90% compatible. 100% compatible partners are your Twin Soul who remains in heaven. They would be too distracting on Earth!

This wonderful channelling from a higher Master explains how it all came to be!

"At one point in humankind's development, dear ones, you as a great angelic being were split into two! Made into male and female, yang and yin. You were separated from your divine other half. Why? Because together you were too powerful, too fulfilled, too content. You have both searched for many thousands of centuries for each other, for your true twin flame. And until you find that special angelic other half of yourself, you are always left wanting more!



You are frequently dissatisfied with your soul mate and kindred Spirit relationships, pleasant as they may be, valuable as they may be, they teach you both lessons about yourselves and resolve karma between you both. But they are not your Twin Flame, they are not your other angelic half! So, this is what drives you on to eliminate this inner loneliness and to fulfil your deep emotional needs - the search for your other half, to make you whole and divine, once again! Blessings, Mother Mary."

In the 4th dimension we are all vulnerable to attracting the wrong partners. Finding kindred Spirits and karmic connections rather than attracting soul mates and our special twin Flame partner to share our lives with in fulfilled happiness. In the 3rd dimension we may have looked for partners in bars, parties and social gatherings, but in the 4th we are more likely to find a truly compatible partner at yoga, meditation class, Spiritual seminars or helping charitable causes. Like attracts like.

The person you meet in a third dimensional place such as a bar or prize fight, has normally been attracted to these places because their vibration resonates

the same as these activities and the other 3D people in these groups. In the same way in the 4th dimension, you will be unconsciously drawn to higher 4th people who radiate love, caring, compassion and artistic tendencies, if these vibrations are your own. So choose outings and locations carefully and think, "Is this where I would expect to meet my Twin Flame?" Then decide if you will visit an art gallery, meditation group or a football game – the choice is your own, 3D or 4D?

Now it is important to make a list of all the traits you would like in your special Twin Flame partner. A typical 3D list would be something like this – good looks, sex appeal, money, power, nice car, exciting personality, fabulous home, travels often!

A 4D list should look more like this – caring, gentle, interesting, helpful, encouraging, kind and sensitive, spiritual, stable and generous!

Then finally consider, are you displaying the qualities of your list? Remember like attracts like! Improve your own compassionate, caring, Spiritual knowledgeable, charitable, generous, happy personality and you will draw in someone similar. Be the person you would like as an ideal partner and don't settle for less. You are special believe it!

Here is a meditation inspired by Spirit to help you draw in your 4th dimensional Twin Flame partner.

TWIN FLAME REQUEST

Exercise 1.

Close your eyes and breathe three deep breaths. Relax.

Mentally surround yourself in a golden oval of light.

Begin to slowly relax your head. If a muscle feels tight, tighten it further, then relax it.

Begin to slowly relax your neck.

Begin to slowly relax your shoulders.

Begin to slowly relax your chest. Breathe slower and lighter.

Begin to slowly relax your back. If a muscle feels tight, tighten it further, then relax it.

Begin to slowly relax your upper arms.

Begin to slowly relax your elbows.

Begin to slowly relax your hands and fingers.

Begin to slowly relax your stomach and lower back. If a muscle feels tight, tighten it further, then relax it.

Begin to slowly relax your thighs and pelvis.

Begin to slowly relax your upper legs.

Begin to slowly relax your knees and lower legs.

Begin to slowly relax your feet and toes.

Now allow all the stored energy in your body to drain out from your fingers and toes into space. Visualise it as a green energized light.

Relax.

Still your mind.

Imagine that you are floating above the Earth, below you somewhere is your own Twin Flame. You know that it is a benevolent Universe that is trying to help you in your physical and Spiritual journey. Imagine it as a large golden, warm light. Ask this light to send to you your Twin Flame partner at the right time, in the near future. Ask the Universe to help you perfect yourself meanwhile, so that you are equal to your Twin Flame partner. Mentally think of the ten major traits that you would like your partner to have. Now relax. Maintain this calmness for ten minutes.

Then -

Begin to slowly tighten your head.

Begin to slowly tighten your neck.

Begin to slowly tighten your shoulders.

Begin to slowly tighten your chest.

Begin to slowly tighten your back.

Begin to slowly tighten your upper arms.

Begin to slowly tighten your elbows.

Begin to slowly tighten your hands and fingers.

Begin to slowly tighten your stomach and lower back.

Begin to slowly tighten your thighs and pelvis.

Begin to slowly tighten your upper legs.

Begin to tighten your knees and lower legs.

Begin to tighten your feet and toes.

Take three deep breaths and open your eyes.

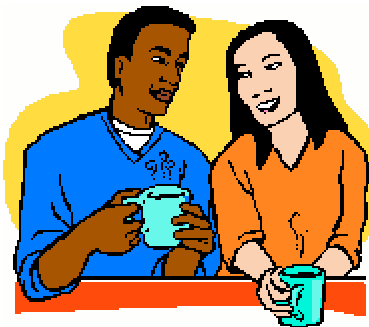
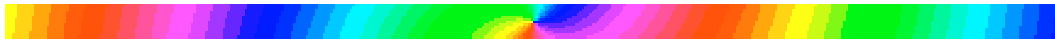
Do not get up quickly! Or you may feel dizzy.

Practice this exercise daily until you become easily relaxed.

You are all ready to meet your Twin Flame partners. The Universe wants you to be happy and fulfilled. With this wonderful partnership of two souls, you can not only be happy but also help the planet and all humanity by setting yourself as a couple, higher goals. All achievable in the 4th dimension. A bond such as this not only strengthens your relationship, but also adds an angelic touch to a truly wonderful lifestyle.

Tony & I have been fortunate to find each other as Twin Flames and we hope you all do the same!

Love and Light, The Abbotts



FINDING YOUR TWIN FLAME E-COURSE

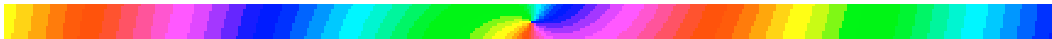
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Chapter Six

Daily work problems and solutions of the 4th dimension

As Life counsellors and coaches, many people visit us, Tony and Robyn asking advice as to their true purpose for incarnating to Earth. Often they find their work disappointing and mundane, yet like most people they have to pay a mortgage or rent and have heavy living expenses.

Many people are obviously working in the wrong profession, not following their true interests or talents. Artists are often working in supermarkets stacking shelves and musicians serving as waiters and waitresses. Teachers of humanity often work as clerks or postmen and healers as computer operators. This is a true tragedy. Pre-life, while in Spirit or heaven, they chose to come to Earth and use their skills for the betterment of humanity, but somewhere along the life path, they have been diverted to a goal of self sufficiency, not self service to humanity or Divine Missions.

Here is a channelled message from Sananda explaining the work, we are meant

to do on Earth!

DIVINE MISSIONS



Q. Can you explain the higher purpose of Divine missions, Lord Sananda?

A. "You have all incarnated with many special agendas besides living the life of a human male or female which in it's own way, gives you many new experiences and life choices, that are not available on the higher dimensions. You could consider life on Earth, as a visit to a rather noisy, boisterous amusement park in which there are many frightening rides, funny situations, agreeable companions and not so pleasant ones, whirlwind emotions such as love, hate, fear, envy etc and most of all, many choices as to what ride to take, the higher or the lower!

You will also be paying back karma (good or bad) to those who have helped or hurt you in the past. You are encouraged to pay back good karma, be helpful and kind to others and hopefully, not repay bad karma with similar, but instead end the karmic link forever, by repaying unkindness with unconditional love instead.

You are also part of a huge extended soul group, which grows in numbers as you raise up the dimensions. On the fourth dimension for instance, you many have around 1000 souls in your group. These beings often play the part of friends, lovers, family members, influential adults etc. Higher than that, you will meet tens of thousands of soul members on the fifth and sixth dimensions and millions on higher dimensions such as the eighth, for example all the beings on Earth. So you can see dear friends, in fact you truly do belong to the Family of Humans!

On the very Highest dimensions before separation of the individual occurs and where you are all part of one huge loving energy with immense powers,

you decide to explore a variation of the Divine, for instance Unconditional Love. As you lower yourself in physical vibration into a more human, solid form, you decide before each incarnation, how you will explore this theme in the next life time.

For instance, if you are a mental person who likes to use the brain, you may decide to become a philosopher who will spread the Light information about Unconditional Love through speech, the written word (such as writing skills such as books and articles), computer technology or similar mental methods.

However if you are a physical person, you may decide to explore Unconditional Love, through becoming a gymnastic instructor and teaching others to love their physical bodies and maintain better health. If you are an emotional person you may become a nurse or counsellor and help others, who are in pain and suffering emotionally, to feel better about life here on Earth and work through their sadness.

If you are a Spiritual person you may decide to become a minister or priest and help others to find and explore unconditional love through prayer, meditation and contact with Higher Powers. Each type of person exploring unconditional love in their own way and helping others to do the same.

In time, when you have explored Unconditional Love in many incarnations and under many different situations, you may move on to other Divine themes such as Compassion, Highest Intent, Unity, Faith, Hope etc.

At all times, you will be aided by divine helpers such as your Spirit guides, Higher Self, Teacher Guides, Ascended Masters, Archangels and other Spiritual beings, once you become aware of them and ask for their higher guidance! Don't ignore them, ask for their assistance, NOW!

It is however, a typical human condition to incarnate to Earth and become so immersed in the mundane human lifestyle that little time is given daily, to self awareness and Spiritual self discovery. You spend more time on fashion, love affairs and rock music than you do on discovering *why you are here, who you really are and what you can do* to make your life more complete and fulfilling! You can literally fritter away hundreds of lifetimes, in pursuit of the banal things of life!

Many people feel very sad and disillusioned about life. They feel that they have missed out on the good things of life, materially and emotionally. They say that they haven't had their share! Unfortunately what most of these people haven't realised is, that they came to Earth to fulfil a great Divine Purpose and Mission, not to seek out material success or feel happy all the time! Of course they feel discontented, they are not doing what they promised to do! Wake up dear Starseeds and Light workers and begin to remember - *why you came!*

The real reason you incarnated, is deeply programmed within each human. It is something you are good at and something you love to do! It's just that each time you have got close to realising your Spiritual mission, you have diverted yourself, by falling in love, chasing materialism or telling yourself that you are no good at anything and there is no purpose to life!

Discover what that amazing task is, by sitting quietly for fifteen to thirty minutes each day and meditating. Surround yourself in a golden aura of light and mentally ask for your Life Mission to be revealed. Relax your body and mind and do not think about anything. Your Life Mission may not be revealed immediately, you may practice this ten times or hundreds, until one day it becomes clearer. The daily meditation will help calm you and improve your personal health, so you are winning on all levels.

Develop your Spiritual and psychic skills in preparation for understanding your Divine Mission. Spiritual experts such as The Abbotts have many courses and books about these subjects which encourage you to develop your own special talents. Prepare for the great tasks ahead! There are sure to be many subjects which appeal to your own personal nature - manifestation, Spirit contact, astral travelling, healing, counselling, teaching, divining, prophecy etc the subjects are endlessly fascinating!

Once you have an inkling about what your Mission is, begin it, slowly and carefully, but with all your heart! Begin it as a hobby or part time work in the start, but in time, if it is indeed your Life Mission, it may well turn into full time paid work. Can anything be more fulfilling than doing work that you love to do! You may also find like many others, that as you daily work at something you love and which inspires you, you become Spiritually elevated, more radiant and you attract to you your Twin Flame partner! Another amazing bonus! Two loving persons working and loving complementary to help others and the planet!

So Dear Ones, if you are feeling lost, disillusioned, uncertain, please follow these first steps to inner happiness and finding your Divine Mission. Become the truly angelic creature you are and promote Unconditional Love on planet Gaia, for it truly needs it and you are not alone, *millions of others* share your Divine Task!

Blessings, Sananda."



Surveys by sociologists have shown that people now view work as an extension of their social life and if they are happy at work, they will even take pay cuts in order to be in the company of people they enjoy working with daily.

This is often the clue for Starseeds who find work tedious and uninspiring – find a workplace with young vibrant people like yourself, working towards a goal that you approve of and are emotionally caught up with. Don't settle for a mundane job in a factory or shop or office if your heart says get out and help others or explore the planet!

The unhappy salesperson may be a potential welfare worker in Africa or a nurse in an orphanage. You need to find what interests you, wakes you up internally and gets you out of bed in the morning. You will be working for many years – make it work for you!

Light Workers or baby boomers are not left out of the equation, as they can contribute their own special, finely honed skills and talents to help humanity work its way through the 4th dimension up to the 5th! Don't forget you are an accomplished, sophisticated, world wise group of people. Don't think retirement means an end to usefulness, your time is just beginning!

Many people ask us, *Are they too old to discover their Divine Mission?*, i.e. the reason they incarnated to Earth. At sixty and beyond they feel, particularly if they have reached retirement age, that they cannot give full time effort to any particular work that they may have intended to do in this life.



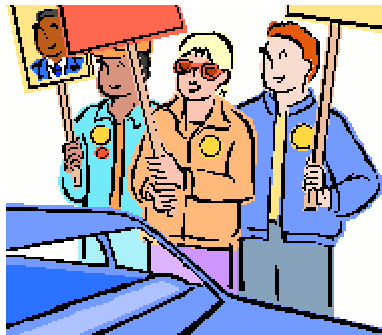
They realise that many of them have been distracted by raising families, following professions and creating a successful lifestyle. They are pleased with

what they have achieved, but feel something is missing. From visits to us, they realise that they have purposely turned their backs on the Divine Plans that they set for themselves (pre-life). But let us emphasise to you - *It is never to late to begin your Divine Missions!*

In fact with all the great wealth of experience that you have gained through sixty or more years on Earth, you are now ready to finally begin it!

Divine Missions are not like regular work, they are not on a 35 hour a week basis and often you don't get paid in money, but instead in happiness and fulfilment!

Many of you have great skills that you have developed throughout your lifetime, why let them go to waste. If you are a nurse, why not volunteer once a week to visit the elderly or donate your valuable expertise to another institute.



If you are an accountant, why not offer your skills to a charity and do their annual tax returns for free. If you are a homemaker, why not offer your caring skills to organisations and charities who are always looking for volunteers. You can make a difference and enhance the lives of others with only a few hours a week voluntary from you!

Many people don't like to do voluntary work, feeling they should be paid for their efforts, yet feel disgruntled with retirement golf and gardening. The personal uplifting rewards that you get from using your honed skills to better the lives of others will give you much more satisfaction than tame retirement activities that soon bore you.

Being needed and making new friends through voluntary efforts, can actually help you to live longer. It keeps the hormones pumping, the body healthy and the brain cells working. If you don't wish to work with people, why not offer your talents to charities that work with animals or the environment. You can make a difference!

One unusual way to experience the 4th dimension can be on holiday. In the

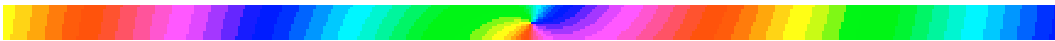
past you may have always opted for a very 3D experience of luxury, the ocean or mountains, good food and fine wines. Today however, many compassionate people choose holidays which give something back to other people. Tours to Third World regions, beautiful in their own way, where the tourists can work voluntarily in schools to help educate children or aid the poor in clinics. No qualifications are needed, just a willing heart!

Why not think about experiencing this on your next vacation, for the joy of helping others and receiving their friendship will be better for you than a pampered holiday!



Finally a quote from Lady Kwan Yin, the healing Master -

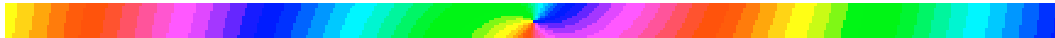
"The greatest seers are often of a venerable age, look at Gandhi, Mother Theresa, Merlin and Moses. You can bring your gifts to others, advice, skills and life experience and they can help create a better world. Let your greatest joy come in your old age when you truly express who you have become! Love has no age limit!"





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PSYCHIC POWERS

Chapter Seven

Daily Spiritual problems and solutions of the 4th dimension

The fourth dimension will bring many radical changes in our lifestyles. You may have noticed a speeding up of time, odd psychic experiences or a change in thinking and acting. Here are some wonderful channelled messages from the Ascended Masters on these bewildering changes.

TIME IN THE 4TH DIMENSION

"Q. I would like to ask some thing if I may? In my life just lately I have

noticed that many people I speak to, are giving up second jobs etc. is this anything to do with the fourth dimension?

Yes, it is as you call it going into the fourth dimension. Many of you are aware of this, that beings are slowly changing from the third to fourth dimension in essence. In fourth dimension, time is much more elastic than it is on the third dimension and many of you have found out that your own time levels have contracted. So that perhaps you only fit 18 hours or less, and it is certainly decreasing rapidly, into what was once a 24-hour day.

So the main thing you need to do, is to prioritize what is important in your life. Many people are finding that they are trying to fill that small 18-hour gap with 24 hours of activities, with still having 8 or so hours sleep, then into the other 10 hours, what would have been a longer period of time. They are not leaving enough time for relaxation.

When as you would say "the penny has dropped", in spiritually awakened people, they realise that they must have the same amount of leisure that they had before. In fact, they must increase it in many ways, to be able to deal with the fourth dimension. In the fourth dimension it will be as if you are walking initially, through quicksand or looking through cellophane paper or working your way through jelly.

Some of you already have found that you are not thinking as clearly, as you once did. This is part of the fourth dimension. Many of you are getting peculiar aches and pains, fuzziness, pressure on the head etc. pressures on different parts of the body. Again this is your body changing into a more Lighter body of fourth dimension.



You cannot expect to work the same way, in the fourth dimension, that you did in the third. Otherwise what would be the point? But people are finding that they can be in the fourth and still maintain a good standard of living, around them. They still have the contacts, the relationships that they had and with this increase in Light within them, many of the minor details of life, are now being left behind. This is a part of the fourth dimensional process.

So certainly dear friends, allow yourselves added leisure, so that you can cope with the changes. Otherwise you will find yourselves being rundown very quickly. Blessings to you. Sananda."



DREAMS

Most people tend to think of the third dimension, as the only "real" life state, and the dream world as one of illusion, but this is incorrect. All humans began their first Earthly incarnations, hundreds of thousands of years ago, as ethereal beings who could exist in many different dimensions. They could inhabit the bodies of humans or animals in the 3rd dimension, float around the fourth dimension without the limitations of a physical body, travel to fifth or higher dimensional planets for guidance and information, then return to the third dimension, when they so desired.

However, as humankind became more grounded, they lost the ability to travel out of their physical 3D bodies, at will. Their only escape was while they slept at night. Soon even this became muddled and confusing and people began to dismiss this dream-state, as merely fantasy and illusion. This invaluable route to the higher dimensions was effectively cut off and dismissed as insignificant!

Thankfully, some small pockets of people realised the great significance of the dream world and the many opportunities for mental and Spiritual growth that it offered to humanity. These were usually the shamans, high priests, clairvoyants and soothsayers who used this astral travelling for prophecies, predictions, communicating with the Gods and speaking to the dead.

Many native peoples however, realised that this dream world, was as important, as their own physical world and would sit around the campfires each morning, relating their dreams to one another and deciphering their special meanings. The ancient Israelites and Egyptians respected prophetic dreams and studied their inner meaning. Many great inventors have dreamt of their inventions in detail, then converted their dream to reality!

Yet many people still deny the higher uses of their dream-state, considering it as being insignificant and pure illusion. Here is a brief channelling from the Master Joachim, explaining to us, some of the wonders of the dream world.

" The dream world is a marvellous place that you can visit each night or when you take a little nap, in the daytime. You think it is a trivial fantasy world of little merit, but this is not so, dear friends!

Long ago, you inhabited this world of utter freedom. Without your heavy physical bodies, you were all able to astral travel, wherever you wished, in the blink of an eye! By believing that you are merely a Being with a heavy physical body, you are denying your angelic roots. Yes, enjoy your third dimensional physical body, but also do begin to realise, the wondrous possibilities that your astral body can display to you.

Learn to send your Spirit self out of your restrictive human body and soar

wherever you like - to the stars, around your Earth, visit friends that have passed over to the heavenly realms, go see a Master or Archangel, visit the Akashic records, (where so much knowledge is stored), and use your amazing psychic energies, to help others on your planet and help old Gaia (Earth) as well!

There are so many remarkable experiences awaiting you, in your dream-state. Don't let the opportunities pass, for acquiring greater knowledge and higher Spiritual growth!" Blessings, Joachim.

Inspiring words aren't they! Spirit has also explained to us, that as you begin to explore and develop a new psychic skill, such as Dream work, the Universe begins to send you many synchronistic messages, hints and even directs special Angel Teachers to help you develop the new ability. So don't think that you are doing this alone, because you are not!



Meditation

Meditation is a wonderful way to kick start your spiritual and psychic development. Sit quietly and try to relax your mind and body. You will never need tranquillisers or such again. Prayer is said to be 'You talking to God. Meditation is God talking back to you!'

But, you do have to sit quietly and calm your mind. Spirit normally doesn't intervene, if your thoughts are full of the menu for tonight's dinner! Meditations can be prophetic, angelic, inspiring, illuminating or just peaceful. You never know quite what to expect!

During meditation learn to connect with nature. This is important because the sophisticated person of the cities has lost the contact with Mother Earth. Her energies empower us. Until we can see and feel the unity of Earth with ourselves, we are missing a valuable component to our spiritual development.

Meditation exercise

Sit calmly and comfortably. Close your eyes.

Think of a pleasant scene or a single object such as a rose or sunset.

Begin to slowly relax all the muscles in your body from head to toes.

Allow your mind to drift.

Send out waves of love and calmness from your mind and heart.

When you have had enough gently move your hands, arms, legs and bring your consciousness back to the room.

Learn to extend the session time.

Spiritual and Psychic Protection

Before beginning the day and going to sleep at night, we suggest protecting yourself from negative energies by using spiritual protection. In the 4th things are often confusing and this energy barrier will keep lower astrals, bad intent and any other negative interference away from you. Before meditating or performing any spiritual or psychic exercise, always protect yourself!

Protection techniques include surrounding yourself in an auric egg of golden white light with a strongly protective outer shell of golden light; calling in your Spiritual Guides or Archangel Michael to protect and defend you when necessary; becoming more aware of the negative vibrations of areas, people and situations by using your intuitive powers and leaving the areas quickly and surrounding yourself with Archangel Michael's vibrant blue light of protection.



You can do this easily by stating; ‘ I ask Archangel Michael (or similar angelic

being) to surround me with an auric egg of blue light and protect me on all layers of my being , as I do this exercise. Please continue this protection throughout my day.'



Synergy

This is the combined mental and spiritual energies of you and others to manifest special conditions. The effect is greater than the parts. For example two people concentrating on an object give out an energy of four. Eight people give out an energy of 64 and so forth. This can be a valuable 4th dimensional tool for manifesting the things and changes you desire. Just make sure it is always used for good and positive effect!

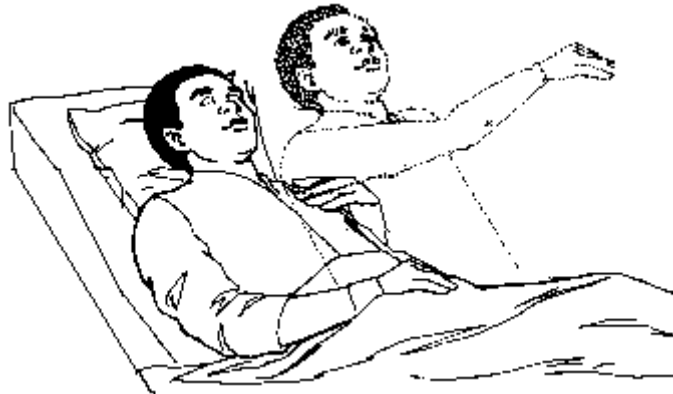
Synchronicity

One of the 4th dimensional traits is usually synchronicity. This is spiritually inspired coincidences. Say for instance, that you read a line about *chakras*, for the first time in a book. It may only mention that they are energy centres. The next day you run into a friend, who is in a hurry as she is going to have her *chakras* balanced. You walk past a book shop, which has a book entitled 'Everything you wanted to know about *Chakras*', in the window. Hopefully you run in and buy it!

That night on television, there is a program about Hinduism and the *chakras* are mentioned. Do you see how it works? Spirit is directing you to information, concerning something that is spiritually important to you! You may need to do a course on chakras, because your health is bad and by using the chakras more effectively, you can learn to overcome the problem.

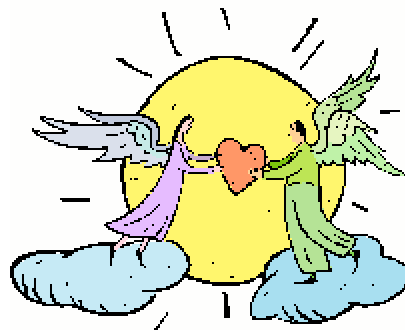
Look for coincidences. Note how often they happen. Sometimes you have to be

patient for them to occur, but at other times they will happen in a short time.



Astral travel

This is the amazing ability to leave your heavy physical body behind and fly around the dimensions and Universe. You often experience this in sleep, but in the 4th dimension, this ability increases and you can learn to do it consciously at will! We have written an e-course on this subject, inquiries at www.spiritwatch.com only \$30!



Spirit Communication

In the 4th dimension contacting spirit will be much easier to accomplish. You will be able to contact teacher guides for knowledge, talk to the Ascended masters and ask your own angelic guides for advice. It will be easier, because on the fourth dimension you are raising yourself up to them, and they then have to lower their energies less far!

Unfortunately many people are frightened of the thought of seeing spirits. It is wise to always remember that a kind person who lived in the 3rd dimension, will be even kinder in spirit. Only contact higher beings and all will be well. Contact lower beings and trouble can occur. See our protection exercise below

from our Sacred Geometry ecourse.

Manifestation

Here is a simple exercise to utilize 4th dimensional manifesting abilities. Just always use them wisely and with love and kindness!



The merkabah is your special spiritual vehicle constructed of lightbody elements that surrounds and protects your physical body. It can be used for spiritual development. It exists beyond the 3rd dimension. It is shaped like a three dimensional six pointed star.

While performing your Merkabah exercise, you may find yourself in a heightened state, which may make you feel spacey or disoriented. Do not drive, operate machinery, drink alcohol etc. while in this heightened state. Allow yourself time to ground yourself and return to your normal 3rd Dimensional state.

While in this state, use the *accumulated energies* to heal, manifest, talk with Spirit etc.

When you are finished always Ground yourself by washing your hands, touching earth or a tree and walking barefooted.

Linking into the Cosmic Grid

The Christ Consciousness Grid or Cosmic Grid is an energy field (mesh-like) which surrounds Earth. It contains Universal energies, which if "tapped into", can assist healing, knowledge and manifestation for the Highest Intent.

We suggest that you pre record this exercise and then replay it when relaxed. Begin by surrounding yourself in a white protective light and ask your angelic guides to help you with this exercise.

1. Visualise yourself in your merkabah vehicle (a three dimensional six pointed star). You are in the centre of two giant pyramids. One pointing down

to earth, one pointing up to the heavens. Your merkabah is similar to a space ship or time capsule, that can take you through space and the higher dimensions safely.

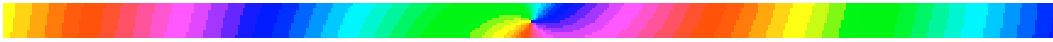
2. Now visualise yourself rising up from this place and out into space.
3. Float up to the Cosmic Grid. It has a silver mesh-like appearance and consists of intertwined strands of cosmic energy.
4. Lock the topmost point of your Merkabah vehicle into one of the holes in the cosmic grid.
5. Feel yourself merging with the Grid and it's powerful and loving energies flowing through you. Enjoy this for a few minutes.
6. Now think of someone who needs healing and send healing light and love to that person. Your energy will be magnified due to the interaction of the Grid. Pause for a few minutes.
7. Now think of something that you wish to have or manifest, for your highest good. It may be something abstract, such as world peace or a solid object, such as a new home or car. Visualise the *combined energies* of the Cosmic Grid bringing this object to you and positive results coming from its manifestation. Never think of negative results or situations while linked to the Grid, as these may be amplified. Concentrate for a few minutes.
8. Now ask the Grid to send you Higher Knowledge that may help you with your spiritual path and everyday life situations. Listen for a few minutes.
9. Now thank the Grid for its energies and gently release the point of your merkabah from the grid hole and slowly float down to the room. Now Ground yourself, before resuming normal activities. Say aloud, "All of my chakras are closed down to a safe level and any surplus energy I may have, within me, is sent out of my feet into the ground."

These are just a few of the marvellous powers we can all develop in the 4th dimension. Given time and practice they will become as real to you as reading and writing! All Light workers and Starseeds have the ability to easily learn these powers, for you are really just relearning them. You have just forgotten how to do these paranormal practices.

Seek out web sites such as our own www.spiritwatch.com , and learn as much as you can. Practice the exercises safely with full Spiritual protection and ask your own personal angelic guides to help you, then become the higher

being you are meant to become!

Blessings on your journey!

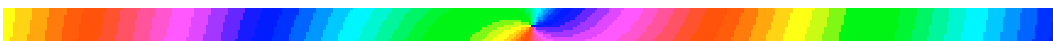


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Chapter Eight

Daily Health problems and solutions of the 4th dimension

As our physical body changes from carbon based to becoming more silicon based, we shall all experience pleasant and unpleasant symptoms in the 4th dimension. Many of the Ascended Masters have commented on this and given us wise advice for coping with these changes. Here are some channelled messages on this subject.

Lady Kwan Yin the Chinese Goddess of Compassion and Healing explains what is presently happening to humanity.

"You came first to Earth in ethereal form. It was your new playground. Then you wanted to play in the fields, feel the wind against your skin, experience hunger, food, wine and women. So you lowered yourself in form from 6th dimension to 5th, then 4th dimension, then gradually grounded yourself thoroughly into the 3rd dimension.

As you did so, you created karma for yourself, from your un-loving actions towards others. You began the cycle of birth and rebirth. The veil of amnesia was placed over your mind, so that you would act from freewill and free choice. You even forgot you were angelic in nature and believed that you were merely human!

Now, you are beginning to remember your angelic roots, recall your true identities and as you do so, you raise yourselves up from the 3rd dimension into the 4th! At this time, your paranormal abilities are starting to be more fully developed. Some of you are seeing auras, feeling chakras in the body, developing ESP and telepathy, astral travelling, developing New Age interests such as astrology, tarot and reiki and communicating with higher angelic beings. These activities are all evidence of the 4th dimension.

Your aim of course, is to raise higher than the fourth dimension and to begin to exist in the fifth dimension. Is this not a wondrous goal for all humanity?"
Kwan Yin.

Our DNA (deoxyribonucleic acid) code is programmed to awaken at this time and help to activate the process. It is changing from a 2 DNA strand to a 12 DNA strand. Simply, from a carbon base to silicon or a quartz crystal base.



Joachim, (a Higher Guide and Ascended Master who in human form was the Grandfather of Jesus and Mother Mary's father), in a channelled reading in 1998, reassured us with these gentle words -

' Do not be afraid of these changes, they are natural, they are right. Growth is part of the Creator's plan. Stagnation is not. Your bodies will change and so will your minds. You are becoming a higher, more developed, loving being. Do not resist the change. You have asked for it, on a higher level. As your bodies change from carbon to crystal (silicon), then later to ethereal form, great knowledge and joy will come to you. The choice to move on is yours!'

Some typical Light Body symptoms include - dizziness, pressure on the skull in various places, (Pressure Headaches) particularly across the temples, on the crown and at the rear of the head. Flu like symptoms that cover the entire body, including unusual aches and pains in various chakra centres. Upset stomachs are quite usual, including diarrhoea and constipation.

Allergic reactions to odours and vapours from synthetic fibres used in furnishings and manufactured plastic products, is a common Light Body response. Negative reactions to electrical appliances, artificial lighting, especially fluorescent tubes and power outlets, can cause disturbed sleep patterns.

Changes in food and drink tastes, (you will notice your nourishment requirements becoming more child-like and the amount of food and drink you require will also drastically decrease). Physical tiredness will also increase causing a type of chronic fatigue syndrome.

Tingling sensations in your arms and legs will be common. Lucid and very active dreams at night, may cause you to be very tired in the morning. You may feel shaky at times and see sparkling lights around you. Many people suffer from increased absent-mindedness and apathy. Ear, eye and throat problems are common. You may experience visions, more telepathy and ESP phenomena, which may disturb you.

You may also discover that being around other people exhausts you, physically and emotionally. Large crowds of people may completely overwhelm you.

Each person will experience some or all of these symptoms, and others, at various times. What and how you experience, will greatly depend upon the areas of your life that you need to change, to balance yourself and raise your vibration. We recommend that you objectively look at your life style and decide what you need to change, to make it more harmonious and pleasant. It is very important that you learn to flow with what is happening, rather than try and fight it emotionally and mentally.

Remember that you have asked for this present incarnation. So that you may experience Lightbody development first hand. Because this greatly accelerates a person's Ascension process. The early Atlanteans had a strong Lightbody and understood how to heal and accelerate it's vibration. You too can learn to do the same!

Lord Sananda has answered several questions on these physical changes.

"Q. Is there a link between the fourth dimension and the DNA changing in our bodies?"

Oh definitely! You are probably aware that most of you have a two DNA strand. Well now, that it is increasing to full twelve, which you all originated with, upon this planet. So of course, this puts amazing pressure on the body. This is the change.

You are changing from carbon based to silicon based. It is very slow, but already, many of your scientists are picking up the increase of silicone within the new babies being born. You are also finding, that you are getting more affected by radiation and this is why, at this time, you have your ozone layer problems. A few weeks ago, you were given the exercise of going out into the sunlight for a few minutes a day and beginning to consciously see the different lights coming in. Already, many of you here, can see the Orgone lights in the sky, lots of white specks that are there.

As your vision comes in more and more fourth dimensionally, you will find that you begin to see the different lights coming in. You will see the harmful Ultra Violet rays that come in, perhaps as a red light, negative for danger. See the beautiful light from solar that is meant to give you health. You originally lived on this Pranic energy, long ago. You will begin to see the actual light that is coming in.



So we suggest to you, all of you, get out there for a few minutes, at least, each day. Then longer periods. Protect yourself if necessary with your sun blocks etc. we do not mind this. But begin to see the sunlight!

You see, there is so much in this universe that you are missing. You think you see the trees, the sky and the birds and the flowers etc. and this is enough. But you can see sunlight.

You can eventually see Love! You can eventually see people's auric layers, getting stronger and stronger. So that you see hate, you see envy. Hopefully you will see Love and Joy and Optimism as well. So yes, dear friend, it is all connected. Increase your body light, keep your body healthy, your mind healthy, your emotions healthy. Use the sunlight positively and give your body lots of relaxation, so that the strain of changing from two DNA strands into twelve, comes in a comfortable manner for you. Blessings to you All. Sananda."



ANOREXIA

Since the mid 1980's there has been a dramatic increase in the number of young girls and women suffering from various types of eating disorders, across the world. These include Bulimia (over eating and then vomiting up the food), Anorexia Nervosa (intentionally starving oneself to achieve a slimmer body shape) and constant dieting by young women and men in order to achieve an idealised body size and shape. Many of these unhealthy eating disorders result in body disfigurement, stomach complaints, fatigue and mental confusion and in some cases, eventual death.

Traditional psychologists have their own opinions on why this trend has developed so steadily over the last 25 years. They believe it is due to unrealistic body images of models and celebrities who promote a tiny, slim image as being the current model of feminine beauty. Others believe that it is due to self loathing, sexual abuse, attention seeking and mental depression. Forced feeding and clinical care has helped some sufferers of these life threatening conditions, but unfortunately there has been many failures.

We have however, come to a new and radical spiritual opinion about why so many starseed girls and boys want to achieve such a slim image of themselves.

We believe that it is due to a subconscious remembrance of a past life or lives on planets in the Pleiades Constellation, where the body physical shape and size is drastically very different to that of the human earth body. The diet also on these Pleiadian home planets is also completely different to that needed to keep a human body healthy and fit. This has been backed up by channellings from the Ascended Masters and a Pleiadian entity called Kirri.

Shall we now examine these new theories -

"One reason for these dietary disorders occurring, is that these young Starseeds have very powerful unconscious memories of living on the Pleiades, in tinier bodies. They are used to eating tiny amounts of food which on the Pleiades is normal. These Starseeds are unaware that it is impossible to eat such tiny amounts of food on Earth and remain healthy!

They need to realise that they are NOW on Earth inhabiting a human body which needs larger amounts of food to sustain it. They are not on the Pleiades, inhabiting a Pleiadian body which also takes nourishment from pranic energy.

If You are currently suffering from an eating disorder and You wish to overcome the illness, we encourage you to follow our recommendations which are:

1. The first thing to do is fully realise that the human body does need a certain amount of solid food to remain healthy and strong. Therefore, Starseeds need to develop their own dietary needs that combine Pleiadian and Earth principles.

2. Gradually change your eating habits, so that You begin to consume food which is naturally high in pranic energy. As You do this, You will develop a healthy and attractive physical body! What could be better?

Foods and liquids high in pranic energy include:

- a. Natural fresh fruit and vegetables (eat when in season).**
- b. Natural foods like fresh cheese butter and yoghurt.**
- c. Unprocessed or lightly processed foods including whole grain breads and unrefined sugar.**
- d. Foods with a high water content like soup.**
- e. Foods that you are naturally drawn to.**
- f. Natural honey and malt type foods.**
- g. High carbohydrate foods like pasta bread and natural flour products**
- h. Pure water (If necessary filter Your drinking and cooking water).**

- i. Natural fresh fruit and vegetable drinks like orange and tomato juice.**
- j. For more physical energy, try eating radishes, red capsicum, peppers, chillies and hot spicy food.**



As You may have noticed, this list is quite extensive and highly adaptable to suit individual tastes. We encourage everyone to eat a well balanced, high pranic, energy diet. This is suitable for all Starseeds.

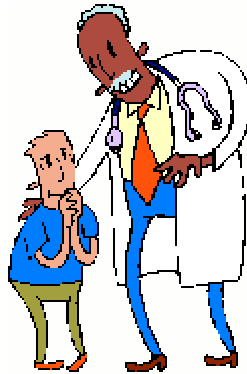
While your Pleiadian past incarnations are very important to you, as they have instilled in you a strong desire for Unity (Oneness), Peace, Tolerance and Non Materialism, remember you have entered this present lifetime on Earth, as a volunteer! You chose deliberately to come to Earth this lifetime to complete a Spiritual Mission, not to become addicted to trying to regain a lighter, smaller Pleiadian figure.

The Pleiadian diet is simple and very light and they exist on strong sustaining pranic energy found in sunlight, but you are unable to do this in this current lifetime, as your human body is not geared for this. To try to live on a Pleiadian diet is contrary to your life work and Mission. Please do not jeopardise your important soul work, by fixating on your body image. Accept the difference and uniqueness of the human earth body with all it's beauty. You might like to try this affirmation daily to inspire you to accept your special earth body.

"In this incarnation, I have chosen to have a healthy, strong earth body. I am on a special Spiritual Mission and I need a healthy, active body, full of energy to achieve this goal. I will eat well and this will give me strength and vitality! I am a creative, loving spirit and I love my new human form!"

We do understand where your problems on diet have arisen, but we do urge you to accept your new earth body with joy and wonder, for Spirit has often told us -

"To us, you are all creatures of beauty and promise. None of you are ugly, none of you are lesser, only in your own mistaken eyes. You are angels in resplendent forms, capable of great, wise acts of kindness. Love yourself!"



A.D.H.D.

The Ascended Master, Hermes, has told us that there are two main reasons why people are currently suffering from A.D.D/A.D.H.D. (Attention Deficit Disorders). They are that their kundalini, (personal life force) chakra, is overly active and so is their Higher Brain chakra. This special chakra is located on the top of the spine, at the rear of the skull.

In medical terms it is known as the Medulla Oblongata. This higher brain chakra has only recently been rediscovered by ourselves. It's purpose is to allow for strong, direct personal contact with your higher Self and spirit generally. When it is overly active, as is the case with a A.D.D/A.D.H.D. sufferer, too much contact and information is coming through from spirit. When this happens, it usually causes people to suffer from an overload of higher brain activity. This in turn usually causes poor concentration, scattered thoughts, over activity etc.

To overcome these two major problems, we have listed numerous recommendations. All of which relate to calming down the kundalini, aura and Higher Brain of the sufferer. A positive result, of an overly active Higher

Brain, is that once it can be controlled, the person can easily go on to develop fantastic spiritual and psychic gifts. These include clairvoyance, clairaudience, telepathy, E.S.P. and many, many others. With this in mind, we encourage parents not to stifle the spiritual and psychic abilities of your child. You never know one day, that you could be the proud parent of the next Edgar Cayce.

Many of our recommendations are cheap and easy to implement. You should be able to gradually integrate them into his or her life with the minimum of expense. All of the information, we give out, is accurate, inspiring, practical and of the high intent. However we do recommend you discuss these life changes with your own doctor.

Please remember that these are recommendations only. We do not advise that at this time you discontinue any doctor prescribed medications. e.g. Ritalin. Though in time with your doctor's co-operation this will be possible.



Recommendations

1. Whenever possible, explain clearly to him/her, why and how you are trying to help him/her/. Gain his/her co-operation. If necessary turn it into a game or adventure. Tell him/her regularly that you love him/her and that you are trying to help him/her overcome his or her problems, so that they can achieve their own particular goals. e.g. going to camp or staying over at a friend's house.

2. Earthy sports, e.g. swimming, running, gardening, walking, hard physical sports, should be encouraged. His/her energy needs to be depleted. Then encourage him/her to meditate and calm down his/her mind. If necessary get

the whole family to meditate together at a set time each day.

3. Gem elixir. Make up a gem elixir from a small piece of hematite and give it to him/her to drink at least 100 ml four times a day, and as needed. Hematite is available from all good gem shops.

Before using a piece of hematite in a gem elixir it is necessary to cleanse it. To do this place each stone in a container and cover with ordinary table/sea salt and allow to stand 24 hours, then rinse with clean tap water. Also, whenever you use a hematite gem stone, it will need to be cleansed in the same manner to prevent a surplus of energy building up in the stone. Weekly is best.

How to make a gem elixir.

Take an clean glass jar and fill it with filtered drinking water. Then place a small piece of hematite into the water. Replace the lid and allow to stand for at least two days in a cool place before using. Keep chilled and top-up the jar with clean drinking water as needed.

4. Hematite gem stones, about the size of a thimble, should be placed near where he/she sits, sleeps, eats, studies, etc. This will help to ground his/her surplus energies.

Get the child to either carry or sew a small piece of hematite into his/her clothing, especially around the regions of his kundalini,(base of spine), and back of head. (top of spine). This could be in the collar of a shirt or the hem of a cap.

5. Try and keep him/her away from large groups of people, and sources of electromagnetic output, e.g. electrical appliances, overhead power lines, etc. By doing this it will help to reduce the amount of energy that he/she is absorbing into his/her aura and pumping throughout the body. A main reason for being overly active.

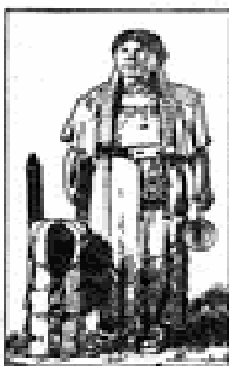
6. Where possible, use colour therapy, to help reduce his/her energy intake. e.g. when indoors, light his/her bedroom, areas of activity etc. with a strong,

dark green coloured light bulb. Try to keep him/her away from artificial lighting such as strobe or neon lights, such as in shopping centres etc.

Also, clothe him/her in earthy colours like dark green, brown, dark blue etc. Definitely keep away from the bright colours, e.g. red, yellow, orange, etc. To help reduce the area of activity around his kundalini, get him/her to wear dark green or similar coloured underwear and make sure his/her bed sheeting is of similar colouring. You may also like to change the colour of his/her bedroom to a soothing blue or green colour.

7. Teach him/her to ground him/herself of surplus energy by practising Grounding Meditations. That is teach him/her to imagine roots growing out of the bottom of his/her feet into the ground below and allowing any surplus energy to pass out of him/herself, into the ground below. Or any other similar grounding meditation.

To help with the grounding meditations, before you begin, protect yourselves, (see later notes) then mentally call in the Ascended Master, White Buffalo Woman. White Buffalo Woman is a North American Indian Master, who has a very strong grounding and earthy energy. Ask her to help you during the meditation. Her energy will be useful to help to ground the child of surplus energy.



**White
Buffalo
Woman**

**Peace &
Prosperity**



Teach yourself a self protection technique like the one below. This will prevent him/her from taking energy from your aura and absorbing it into his/her own. If possible, this protection exercise should be used by everyone who comes into

close contact with him/her. By *close we mean by about 3 to 4 feet and closer.*

A Basic Self Protection Technique

Say aloud, "I ask the Spiritual Door keeper to surround the building I am in with golden/white Light of the highest vibration. I also ask that my aura is surrounded by a protective shell of golden/white Light. Only allow through those energies of the highest vibration and intent, thank you".

A Sleep Protection Technique

Before going to sleep:

Say aloud; "I ask the Spiritual Doorkeeper to protect me (my husband/wife and family) on all necessary layers and to fill our rooms with golden/white light during our sleep, thank you.'

8. Just before you go to sleep at night, protect yourself as above. Then mentally ask your higher Self if, you and the child can meet up, during your sleep and receive spiritual advice from White Buffalo Women or any other Healing spirit, about how to resolve the illness.

9. Try and gently change his/her diet, towards a more natural diet. This includes more fresh fruit and vegetables. Try and gradually take out the meat, (especially red meat), from his/her diet. This will help to reduce the amount of stress energy he will absorb from his food, and therefore help to calm him/her down. If necessary, replace this decline in meat based proteins and vitamins with nuts and vitamin supplements.

Also, bring more high carbohydrate type foods into his/her diet. This includes white flour products, pasta, bread and potatoes, cauliflower, parsnips etc. This helps to subdue his/her overly active Medulla Oblongata, or Higher Brain. Keep him/her away from caffeine, (chocolate, tea, coffee) chillies, peppers, red capsicums, radishes, strawberries and hot spicy foods generally.

10. Play soothing music around the child to help him/her to relax.

11. Aromatherapy techniques can be helpful, such as lavender oil in baths and

oil burners, to create a calming atmosphere.

12. Natural fibre clothing and natural based toiletries e.g. Body Shop products, are more grounding and less stimulating, than artificially based products.

13. Try and personally detach from his/her physical activities. Prevent yourself from becoming over emotionally caught up in the problem. Try and help him/her in a caring and detached manner. The more people worry about him/her, the more mental energy they are giving to the problem, therefore prolonging it. Remember that mental energy is accumulative and acts like a battery charge.

14. Whenever you go on family excursions. Try and do activities which are grounding, e.g. bush walking. This helps him/her to ground his surplus energy and help him/her to make a closer personal connection with nature and natural energies.

15. Try and teach him/her, when in a receptive mood, that when he/she is overexcited and needs to be grounded, to hold one of the pieces of hematite in both hands. Then ask him/her to direct his/her energy, through his/her palms, into the gemstone. After a few minutes, take the stone away from him/her. Then take it outside and place it on the ground. This will allow the absorbed surplus energy to pass out of the stone and into the earth below it. Reuse the gemstone again as when needed.

16. Try and ensure that for at least 3 days before a full moon, that he/she is as stable and calm as you can make him/her. This is because the energy of a full moon, will exaggerate the emotional state he/she is in. e.g. If he/she is active, the full moon energy, will only make him/her worse. On the other hand, if he/she is calm, it will help to make him/her calmer.

17. If you are aware of natural energy sites, and ley lines, which are high in energy, e.g. Mount Shasta, Uluru (Ayres Rock), Great Pyramid, and other highly charged regions, try and keep him/her away from these areas. This is because it will add to the amount of natural energy in his/her aura and physical body.

18. If possible allow him/her to have close access to animals or a family pet. This is because animals, generally have a slower auric pattern. This in turn, will help to slow down his/her own auric pattern.

19. When possible allow him/her to walk around with bare feet. This will help to ground him/her, through the dark green chakras on the bottom of his/her feet. If this is not practical, get him/her to wear dark green socks and dark coloured footwear.

20. If possible, don't allow him/her to wear an electronic wrist watch or carry on him/herself, any type of electrical equipment, e.g. Game boy, Laptop computer. This is because of the additional, energy field it is emitting. Similarly, limit the amount of time he/she spends on a computer, watching television etc.

21. Remember, there are usually karmic ties between all people involved, parents, grandparents, friends, carers, siblings, teachers and of course the A.D.D./A.D.H.D sufferer. This illness is teaching all involved, many crucial lessons. It has been asked for and pre-planned on a higher level, for the spiritual growth of all concerned. Many of these children have trouble adjusting to Earth's vibration and energy. It is just too overwhelming for them!

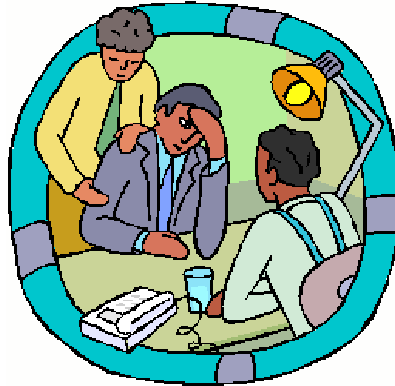
DRUG USE

Drug abuse has become a devastating problem in the 4th dimension as many Starseeds use drugs to escape from the pressures and stress of the heavier vibrations of the 3rd and 4th dimension. Unfortunately drug abuse sets up it's own set of problems and increases the problem.

Once addiction becomes routine all motivation to better your lifestyle usually disappears and taking the desired drug becomes the priority in life. Criminal activities then often begin in order to obtain the expensive drugs and the person's higher ideals, objectives and conscience are forgotten, as they become totally consumed with their next drug "fix".

Their higher Divine Missions are dismissed, and the confusion of the 4th dimension exacerbates their feelings of isolation and depression. Without drug use, the journey through the 4th dimension would be easier and faster for most people. We urge any one addicted to drugs of any kind to ask for professional help in overcoming this problem, so that they can become the intelligent, motivated, spiritual person they incarnated to be.

Our free ebook "I Don't Want To Be Here", available from our website, may be of help to you who are addicted and depressed, please read it!



DEPRESSION

Depression can be soul destroying for the Starseeds and Light workers who find living on earth just too hard! The 4th dimension often increases this feeling of aloneness and confusion. Most people are not aware that they have incarnated for a higher Mission and see their lives as useless and only cling to desires of wealth, beauty and power. Like the Buddhists say, "Desire causes pain!" and so often they are right.

Finding a true purpose in life that uplifts you and helps others, is often the first step on the road to recovery for depressed people. Looking after your health and having adequate sleep and rest is also essential. Spirit has told us, "Life holds so many wonders, if you only open your eyes. Please learn to be happy, it is only a change of perspective!"

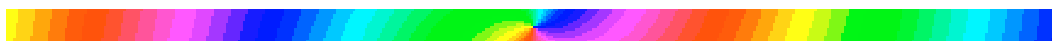
Medical help can often be a short term solution, until you regain your feeling of self worth and balance. Remember doctors and specialists are also living their divine missions and want to help you. Our free ebook "I Don't Want To Be Here", available from our website, may be of help to you who are depressed. It was spirit inspired for those who are feeling depressed and apathetic about life, please read it!

Sports in the 3D have tended to be of a harsher vibration - running, jumping, football, fighting, wrestling etc. These sports have often injured the participant. In the 4D sports are lighter and less injurious, such as yoga, tai chi, dancing, synchronized swimming etc. Sports that promote good health and goodwill and are not so competitive. One wonderful aspect of the 4D is the promotion of events for the disabled such as the Para Olympics, where pure heart and willpower, overcome physical or mental difficulties.

Remember dear friends, in the 4th dimension many medical breakthroughs will occur and many illnesses finally cured, so take heart if you appear to have an incurable disease or medical condition. It is not so long ago that heart transplants were a subject of science fiction and now they are commonplace. Your mental and emotional states do effect your health. Try to live in a peaceful, joyful way, accomplishing your spiritual missions and affirm daily - "I am well and balanced in body, mind and spirit!"

Love and Light

The Abbotts



HERMETIC HEALING E- COURSE

WRITTEN AND TUTORED BY The Abbotts

As practised in the healing schools of Hermes and Isis in Lemuria, Egypt and Atlantis, over 10,000 years ago, is an invaluable aid to all Alternate Healers

Hermetic Healing is a specialized system of Spiritual healing which incorporates the para-sciences of Spirit communication, block and wound removal, colour therapy, aromatherapy, gem therapy, elixir therapy, clairvoyance, past life knowledge, music therapy, aura and chakra therapy and affirmations.

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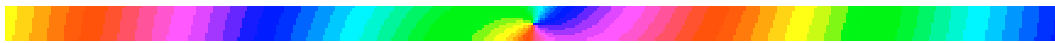
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Chapter Nine

Daily Starseed and Lightworker problems and solutions of the 4th dimension

THE LIGHTWORKERS

These wonderful people born pre 1971 came to earth to not only be the parents of the Starseeds, but to lead others into the 4th dimensional ways of living and thought. They have made many changes to earth's societies. These include women's liberation, fairer work conditions, charitable causes, environmental and animal issues.

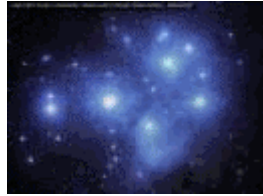
They have helped end wars and many have unselfishly striven for equality for many races and religions around the world. They have brought back many ancient spiritual practices and have developed open minds on aliens, sexuality, the arts and angels.

Of course many light workers have not begun their missions yet, due to family pressures or traditional upbringings, but as many of them reach a comfortable middle or older age, they now have the time and opportunity to begin to contribute their wisdom to the Earth. Our free ebook "The Lightworkers" explains more clearly their reason for incarnating and the missions they can accomplish. Please read it today!

THE STARSEEDS

If you have been born after 1971 and are a sensitive, new age person, who often feels sad, apathetic and depressed, without purpose in life and totally confused about your future and what others expect from you - it is highly likely that you are a Starseed. From information gained from our Spiritual clairvoyant channellings from the Ascended Masters (Divine Beings who have lived on Earth) and Archangels, we have been told that 80% of young people born on Earth, since the early 1970's, have in previous lives, spent most of their former incarnations or lifetimes in the Pleiades constellation.

The Pleiades home worlds are completely different to Earth. No wonder that you don't feel happy here and old Earth doesn't seem too familiar! The Pleiades home worlds exist in the fifth and higher dimensions, while Earth is just coming into the fourth dimension. Therefore Earth seems very barbaric and very harsh to you!



On the Pleiades, the people live in harmony, joy and unity. All help each other, in a loving, unconditional manner. Their psychic gifts are fully developed and daily living is not a struggle, as there are adequate resources for all. There is no child abuse, greed or striving for material success, but instead, gentle, peaceful, artistic, communal living. No wonder you feel confused to be here and more than a little depressed!

Your present situation is similar, to that of a civilised, gentle, intelligent person brought up in a loving, rich household, who suddenly finds themselves thrown into the gutter, in a harsh slum!

But first, here is a short description of a Starseed. Why not see if you are one?

Pleiadian traits relate to You. Why not *tick* them, as you go!

Here are some of the typical characteristics of a Starseed or Pleiadian, they are;

- 1. A relaxed and *easy going* personality.**
- 2. Strong environmental beliefs.**
- 3. A strong interest in high tech gadgets.**
- 4. Well developed personal psychic and Spiritual gifts, including, clairvoyance (the ability to see Spirit), clairaudience (the ability to hear Spirit), ESP and Telepathy etc.**
- 5. Lack of personal stamina. (You feel tired easily.)**
- 6. Poor organisational skills. (Schedules don't appeal!)**
- 7. A dislike of meat, artificial ingredients, man made fibres and highly processed foods. (You like the natural approach to life.)**
- 8. A keen interest in the New Age movement.**
- 9. A dislike of cruelty to other people and animals.**

- 10. A natural tendency to suffer from stress related illnesses, such as headaches and muscle tension.**
- 11. A dislike of time keeping and you have poor punctuality skills. (You're always running late for appointments!)**
- 12. A very keen interest in highly creative activities, such as music, art, painting, drawing, sculpture and writing.**
- 13. A natural dislike of structure and repetition within Your life.**
- 14. The ability to easily accept new technology that makes life easier and more interesting for yourself, e.g. mobile telephones, computers and the Internet.**
- 15. A dislike of conventional work and standard work practices, e.g. jobs with little variation and lack of personal self expression.**
- 16. A lack of interest in money and a carefree attitude towards how You spend, what You have.**
- 17. A dislike of wars.**
- 18. You naturally respect the opposite gender/sex.**
- 19. A tendency to drift towards illegal drugs, alcohol, tobacco and other forms of stimuli for escapism.**
- 20. You treat your partner as an equal. This is particularly true within personal relationships and close friendships.**
- 21. A tendency to develop bouts of depression or other forms of mental illnesses, including schizophrenia.**
- 22. You easily forget important calendar dates, such as family and friends birthdays, mother and fathers day, anniversaries etc.**
- 23. You don't distinguish greatly, between gender roles. (He'll change the baby and she will put out the garbage!)**
- 24. You have little interest and attachment to personal possessions and physical items.**
- 25. You have powerful and highly active, major, secondary and minor chakras throughout the physical body. This is especially true with the orange pelvis, green heart and purple brow/third eye chakras.**
- 26. You may have a high susceptibility to eating disorders, including anorexia and bulimia.**
- 27. You like to barter or exchange items with other Starseeds, keeping cash**

transactions to a minimum.

28. When You are stressed, You tend to pass your personal responsibilities onto other people. This can include parents, partner, friends, an employer, a government department or landlord.

29. You strongly value personal freedom and dislike following a conformist lifestyle.

30. You give dress, etiquette and social skills, a low priority. (You like to dress and act in a casual manner).

31. You readily accept the fact that U.F.O's, E.T.'s (extra-terrestrials), Angels, Ascended Masters and a Universal Creator or God exists.

32. You tend to easily feel "hard done by" by life and other people, when you don't get what you want. (You like to have Your personal needs met quickly).

33. You have a highly sensitive nature and are easily hurt by other's criticism.

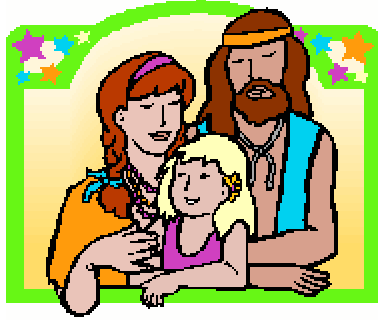
34. Even with issues and activities, that You have a personal interested in, You normally, only have a limited amount of time, energy and enthusiasm for them. (You easily move onto other activities that interest You).

35. You feel a strong unity with all living life forms.

36. You may have strong feelings that you have lived on Earth or other planets before!

37. You do not like to commit Yourself to standard social expectations, e.g. You easily move from one job/career choice to another, once it becomes routine and boring.

If you are a starseed and find living on Earth harsh and unfamiliar, take heart, things are changing, Earth is developing into a more recognisable planet for you to live on. Pleiadian traits are now emerging more clearly on Earth, both good and bad!



For instance Starseeds are used to being looked after by a benevolent Universe, hence governments have introduced dole or unemployment benefits for those unwilling or unable to work, charitable services often aid people with housing, goods and food and there is a more pervading tolerant attitude of society towards the Starseeds philosophy on life. Starseeds have powerful manifesting skills and are gradually changing Earth and human traits to fit in with their own outlooks and needs.

Sexual behaviour has changed with many homosexual, bisexual and casual sexual relationships being tolerated by society. Gay marriages now being introduced in some Western countries. Religious tolerance has also encouraged women to enter the traditional roles of priest and minister in religions.

People are less influenced towards wars and racial bias. Starseeds generally do not want to go to war! Soldiers are difficult to recruit and usually are from different off planet races than the Pleadians.

Artistic efforts, music and philosophy has changed due to Starseed influences. More natural therapies are encouraged by many younger doctors. Ancient and modern healing practices are easily embraced by the younger members of our society. Death is not as feared, but seen as a different level of existence.

However unfortunately, the Starseeds have also brought higher Pleadian traits down into Earth culture and debased them. Child neglect is ten fold compared to earlier generations. This is because coming directly from earlier incarnations on planets with a well set up social program of community support, the Starseeds find it difficult to cope with daily activities such as feeding and cleaning babies and children. Many Starseeds feel as if they have permanent chronic fatigue.



Drug use which is so prevalent world wide, is also a Pleiadian trait of higher meditation consciousness debased as a recreational pursuit, that unfortunately increases the Starseeds feelings of disassociation, depression and apathy. Subsequently suicides and drug overdoses are at an all time high and growing.

Yet Starseeds do have so much to give to the Earth and humanity.

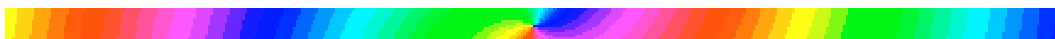
They can create unity, unconditional love, tolerance for all and increase the Spiritual and psychic powers of all people.

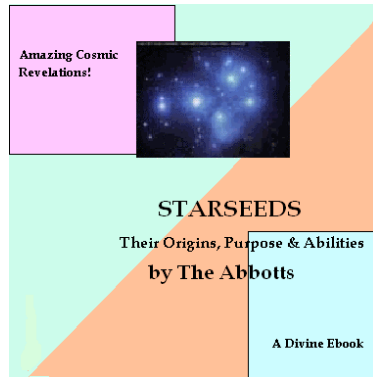
Lightworkers can find the 4th dimension useful for changing long held opinions and attitudes towards life and philosophies. They can learn new knowledge about the paranormal world around them and begin to use their inherent psychic and spiritual talents. They can change their long held negative attitudes towards genders, races and religions and begin to embrace the idea of Oneness. They can investigate new alternate healing practices and use them for better health and well being.

The fourth dimension is a time of testing and leaving the negative traits of humanity behind and stepping into the fifth dimension free of outdated practices, thoughts and actions.

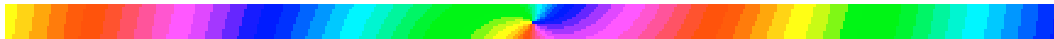
Let us see it as an astonishing, exciting journey of discovery!

The Abbotts





Our ebook **THE STARSEEDS** only \$10 USD can explain more fully the mission of the Starseeds. Our free ebook **Lightworkers** is available on our website. Visit our website for more details www.spiritwatch.com and transform your life today!



Chapter Ten

Looking forward

You may be asking by now, "How long will we be in the 4th dimension and then move on to the 5th dimension? Is there a set time, years, decades or centuries? We were in the 3rd dimension for thousands of years, will the same occur in the 4th?"

These are difficult questions to answer as the 4th will only disappear and give way to the 5th when the majority of people have worked through 4th dimensional issues and are truly ready for the fifth! We have channelled the following message from Mother Mary on the issue –

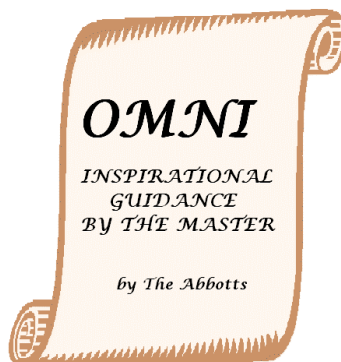


"We in Spirit cannot give an answer to the length of time the 4th dimension will occur and how long until you all reach the 5th. It depends entirely on your actions and thoughts.

The 4th is a confusing dimension where humanity must learn to strive for higher aspects of itself, not just use the dimension for manifestation of greedy desires. If the 4th is used unselfishly to help humanity and the Earth, Gaia, to bring peace and prosperity to all, to create unconditionally loving unity, then you as a species will soon pass through it to higher dimensional levels of power, love and knowledge, but if used for only lower desires over a long period, it may take centuries or millenniums.

The choice is your own – fast satisfaction of personal greed or unconditional love and light. Personally you may reach this higher state through personal effort, then you may find 5th dimensional resources opening up to you, at this point, you may then have to decide – ascension or staying behind to help others attain this higher state.

Only you can make the choice. Spread the word my dears, you can achieve the 5th dimension, with faith, hope, respect and love, make the decision today and enjoy the journey!"



[This is an extract from our channelled e-book Omni, available free on our website.](#)

"Principle 4 : parable 2

The Master journeyed through a region of orchards and vineyards and rested at the home of a generous woman. She invited the people of the area to come and speak with the Master.

And an old man came to Him saying, "I am afraid of death." And the Master said, "Why? You have died many times before, in many lifetimes and yet you are still here, healthy and strong. It is more likely that you fear life, for it is on Earth that you have burdens, in the heavenly realms you have none. There is but Divine joy there. The heavenly realms are not a place where you sit as angels and play harps or rest eternally.

At first when you go there after you have died, you may find that you need to rest. You will be taken care of by angelic beings. But then you will remember who you are and you will regain your glorious form, your glorious mind. And then you will decide what you will do there. It may be to study, to teach, to heal, to help. There will be many choices open to you. Think of it, my dear one, that you have voluntarily come to Earth for a short time, yet your true home is in the heavenly realms. Would you not rejoice, on returning to your home and seeing all those that have gone on before you?

Fear not death, dear one, you will soon be with your beloved Divine Power and Creator and then again, in time, you will be given the choice to return to a physical planet, a physical world, in a physical body, if you so wish."

"It will not be long, before you are back again," The Master said with a laugh." Do not throw away the joy of returning home, do not fear death, for it is a release to a higher way of living and loving."

Then a smart, young girl said to Him "But then how do we escape from the wheel of reincarnation? How do we get to remain in the heavenly realms?" And the Master said "That is a good question. There will come a time when your visits to Earth and to other similar planets, begin to become tedious, when you have learnt almost all the lessons that you can learn from these places. Your soul will cry out for higher knowledge and once you have learnt all that you can spiritually, physically, mentally and emotionally from these planets, you will then desire to move on to a higher dimension. And you will devote your life to doing so.

Then when you reach that time on the heavenly realms between incarnations and when you have looked at all that you have learnt and when others have guided you, you will decide then it is time to raise yourself up, to leave those planets of the third and fourth dimensions, such as Earth and perhaps, to incarnate on

those that are higher of the fifth and sixth dimensions.

So you see dear one, it is an endless road of progression, till once more you are reunited with the Divine Spirit and then you will rest for a while in the darkness, in the peace. And then perhaps, you will come forward again and experience what it is like to be on the lower dimensions. For does not all life go in a circle?

You are born, you live, you die, you are born, you live, you die, it is endless. And so it is incarnating to Earth, raising yourself up, going up to the higher dimensions and levels and then coming down again. And is it not a joyful experience, my dear one?" The Master.



Have The Abbotts experienced living in the fifth dimension?

"Yes, several years ago, we purposely moved to an old isolated farm and lived a very basic existence free of the daily constraints of work, social activities and appointments. After a few weeks of meditation and talking of Spiritual matters, writing Spiritual books and generally living an isolated vegetarian lifestyle, we felt ourselves entering the fifth dimension, a truly loving and amazing feeling.

This we felt, was a higher, more unified state, where everything took on a heavenly glow and we felt very much at peace with life. We were able to freely connect and talk with higher beings, astral travel, see higher visions and many of our thoughts were manifested.

Unfortunately, we became less productive in our work and when we encountered others in the 3rd or 4th, we found we could not easily relate to them and only had the intense desire to retreat back to the comforting 5th. In the end we came to a conscious decision that if we were to help others, we needed to fall back into the 4th at least, in order to relate to and teach others. Disappointing for us, but we felt our life mission, was not just to ascend and leave others behind in the 3rd.

Of course at times, we do still reach the fifth dimension in meditation, while channelling or during our spiritual activities, so it is not lost to us forever, just experienced less frequently. We know that one day when many people ascend to the fifth dimension, we can then join them to enjoy this wondrous state.

You too may someday find yourself at the same cross roads and the choice is one only you can make, go ahead or stay behind to help others through the confusion of the 4th? There is no right or wrong decision, only what is right for you. The

Abbotts."

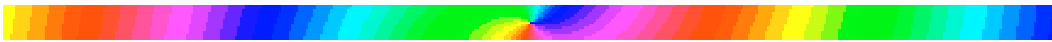
Blessings to you all, on your journey through the 4th dimension to the glorious fifth dimension! May it be a journey of remarkable effects and happy companions!

Love and Light

The Abbotts

Robyn and Tony Abbott

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