

*WELCOME TO THE JOURNEY THROUGH*  
**THE ARCTURIAN CORRIDOR**



Dear Members of the Planetary Ascension team,

Congratulations! You have downloaded and integrated the higher frequency light into your earth vessel and merged your personal chakras with the planetary chakras of Gaia. Because of this, we the Arcturians have come to you to remind you of the pact that you made with us before you took your present earth vessel. You were in your higher dimensional SELF and preparing for the third dimensional reality of your present earth life when you called to us, the Arcturian Collective Consciousness. You knew that this reality would be very important, as you were volunteering to be a member of the "ground crew" of the Planetary Ascension Team.

You were aware that your present reality would offer a great opportunity for expansion of your consciousness, but you also knew that it would be very easy to get lost in the illusions of the third dimension and forget your Soul's commitment. Consequently, you asked us to contact you as soon as you could possibly receive our call and remind you of your pact. Because you have so greatly expanded your consciousness, we are able to contact you now. When we met before your present life, you promised that you would share our communications with as many people as you could. We want you to

know that we are grateful that we can communicate with others through you, and we are completely behind you, as well as within you.

Please remember to keep us in your awakening consciousness within every moment of your life. Feel our communications as they flow in through your crown, to be displayed on the mind-screen of your third eye. Exude our energy down through your toes and out through your hands and heart. Feel us emanating up from the core Gaia's Earth and down from the edge of her atmosphere. BE ONE with our Arcturian Collective Consciousness, in your every emotion, thought, action and emanation. See our face when you look into the mirror. Feel our step as you walk through your life and our touch as you experience your world. We are always with you.

We, the Arcturians, wish to remind you that we have been chosen by the Galactic Federation to be Gaia's Guardian during Her, and Her inhabitants', transition through the fourth and into the fifth dimension and beyond. The citizens of Arcturus ascended beyond the third dimension eons ago, and our star is soon to follow. Since then we have served as guardians to those who wish to follow the highest Path of Pure Consciousness. In fact, in your present time, many of our kind have taken physical earth bodies to assist in Gaia's planetary ascension. Since we resonate to the fifth dimension and beyond, entering a corporeal earth body is a great sacrifice, but one that we joyously accept.



#### OUR CORRIDOR

The Arcturian Corridor is a tunnel of light, which serves as an inter-dimensional portal into the fifth dimension and beyond. It is because of the Corridor's close proximity to Arcturus, and our ancient commitment to assist those on the Path of Ascension, that we have been chosen as its Guardians. Beings who wish to participate in the experience of third dimensional Earth travel through the Arcturian Corridor. Then, when they have completed their sojourn in the lower worlds, they will return to the higher dimensions through that same Corridor.

Our Corridor is that through which individuals pass when to return again to Earth for further incarnations or move out to either other solar systems and dimensions. Hence, we are the sentinels for the

Corridor that serves not only as a gateway through which humans pass during death and re-birth but also as a way station for nonphysical consciousness to become accustomed to physicality. When you wish to sojourn beyond your solar system and experience other systems, you will do so through our Corridor.

## ASSISTING GAIA

We the Arcturians, as well as you, the members of the Planetary Ascension Team, are committed to utilizing the force of Unconditional Love to assist Gaia in fulfilling her Divine Plan to become a fifth dimensional planet of peace and love. The beloved members of the Pleiades, Sirius, Arcturus, Andromeda and Antares, as well as the Brotherhood and Sisterhood of Light, the Angelic Kingdom, the Ascended Masters, and the awakened members of Earth, have all joined together to assist Gaia in the fulfillment of Her transformation.

Remember that the key to your personal ascension is inner peace and unconditional love, specifically love of your physical body. Your earth vessel allows you to create your reality with your thoughts and to feel the wondrous emotions of joy and love. We are happy to remind you at this time that the emotions of love and joy have the ability to calibrate your consciousness to your highest possible frequency. The experience of unhappiness is not a response to the outside and/or inside influences, but instead, is an indication that your consciousness has fallen into a lower resonance.

When you face the same "unhappy" experience while keeping your consciousness "calibrated" to the frequency of your Soul/SELF, you can perceive it as an opportunity for growth and consciousness expansion. This is because an experience that devastates your ego is a mere challenge to your Soul. From the perception of your Multidimensional Soul/SELF, each experience is a new opportunity to clear and love your self and your planet. It is the daily connection to the higher dimensions and to us, the Arcturians, which will allow you to fully awaken to the Mission that YOU chose when you volunteered to be a member of the ground crew of the Planetary Ascension Team.

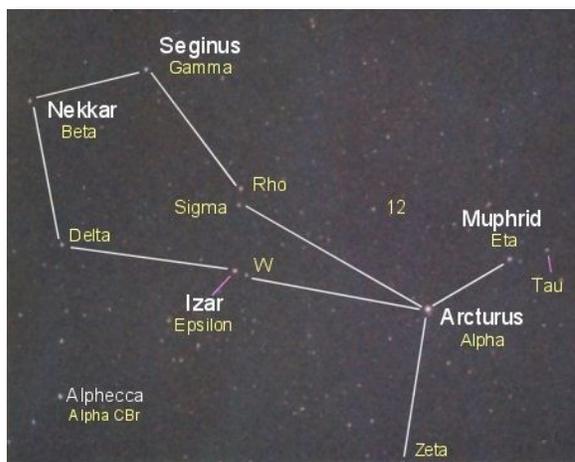
## ABOUT ARCTURUS

Before we travel through the Corridor, allow us to share some information about our world. Arcturus is a red supergiant star 36.7 light years from Earth in the constellation of Bootes. It is believed to be one of the first stars to be named by your ancient observers, likely

because it is the fourth brightest star in the sky, outshone only by Sirius, Canopus and Alpha Centauri. In your language, the name Arcturus is translated as "Guardian of the Bear" due to our nearness to the sky Bears, Ursa Major and Ursa Minor. Arcturus was once the name used for our entire constellation of Bootes.

For many of your millennia Arcturus have been identified as a beacon of light. Your ancient Egyptians called Bootes "Smat," which means, "one who rules, subdues, and governs," as well as "Bau," which means "the coming one." Arcturus was worshiped in Nile temples, as it was in the temple of Venus at Ancona in Italy. In 13<sup>th</sup> century India, Arcturus was named "Svati," "the Good Goer." An early Arabic name for Arcturus was, "Al Haris al Sama," the "Keeper of Heaven." Arcturus has been identified with the Chaldaeans' Papsukal, "the Guardian Messenger." In the Euphrates, Arcturus was the "Shepherd of the Heavenly Flock," or the "Shepherd of the Life of Heaven."

In your mythology, Bootes is the Ploughman who drives the Bears, Ursa Major and Ursa Minor, around the Pole Star, Polaris. The Bears, tied to the Polar Axis are pulling a plough behind them, tilling the heavenly fields "in order that the rotation of the heavens never ceases." Arcturus is easily found by noting that the curve of the handle of the Big Dipper is part of a circle, or arc, then follow the arc to Arcturus. From the northern hemisphere Arcturus is visible in the evening from about March to early summer.



Red-supergiant stars, such as Arcturus, are precursors to super-novae, neutron stars, and black holes. Therefore, Arcturus is in the last stages of its life in which it can be perceived from a third dimensional reality. Since Arcturus is the brightest star in the constellation of Bootes it is also called Alpha Bootes. The pattern of stars in our constellation forms the shape of

a kite with Arcturus being the star at the base of the kite.

Arcturus is a giant with a diameter about 18 times greater than Earth's Sun, with four times the Sun's mass and a surface temperature that is about 1500 degrees lower, but its much greater surface area results in an outpouring of energy at a rate that makes it 105 times as luminous as Earth's Sun. Arcturus was formed about 10 billion years ago, in the

halo of the Milky Way in a generation of star formation prior to that in which your Sun was formed. This makes us about twice as old as Earth's solar system and the oldest object easily visible to the naked eye.

## OUR HUMAN CHANNELS

There have been many humans who have shared their communications with us. Edgar Cayce, Earth's famous Channel, shared that Arcturus is one of the most advanced civilizations in this galaxy. We humbly admit that this is true, as we are a fifth dimensional, and beyond, civilization. We are also the prototype for Earth's future and happily use our Arcturian energy to emotionally, mentally and spiritually assist anyone who calls us. We are always available to assist anyone who desires to be a planner and designer of your impending new reality.

The *Keys of Enoch* describes us as "the mid-way programming center used by the physical brotherhoods in this universe to govern the many rounds of "experiments with the physical." *Keys of Enoch* calls us the "Shepherding Frequency of Light," which governs the preparation of humanity for the coming of the "Brotherhoods of Light." Arcturus is, in fact, a focus of knowledge, a library that teaches Earthlings, and other ascending beings, how to move from one reality to another.

Our system of Bootes symbolizes the elder, the sage, the wise old man who is interested in principles and underlying causes, theories, ideologies, and how the past affects the future. Hence, Bootes constellation is associated with the Hermit in the Tarot Deck. The Hermit is depicted as wearing a cloak with a hood that covers him from head to feet, except for his face and hands. Held up in his right hand is a lighted lantern, a walking stick is in his left, and a serpent is on the ground nearby.

Oswald Wirth in *The Tarot of the Magicians* explains that the Hermit uses his cane to tap the ground to communicate with the earth as he slowly walks his Path. Rather than kill the serpent, he casts a spell on it so that it twirls around his stick, suggesting that the Hermit does not fear the lower energies but instead, works with them. The lantern searches out, penetrates, and reveals the inner quality of things. The Hermit is the master who works on the drawing board, where he casts the exact plan of the intended construction.

Before taking form, everything pre-exists as an abstract concept, as an intention. The Hermit represents the mysterious artisan, the “drawn up plan,” and the scaffolding, which is vital before any physical construction can begin. The Hermit is capable of directing the work of others and discerning what is in embryo form in the sphere of human development. In this manner, we, the Arcturians, assist you in creating the embryo of your New Earth.

Norma Milanovich wrote of her communications with us in her book, *We, The Arcturians*. Ms. Milanovich shares our important message that the most fundamental ingredient for living in the fifth dimension is unconditional love. Negativity, fear and guilt must be overcome and exchanged for love and light. We Arcturians work in close connection with the Ascended Masters and the Galactic Federation. We travel the universe in our starships, which are some of the most advanced in the universe, to protect and guide humanity via our telepathic transmissions to those who are able to perceive us.

#### OPENING THE CORRIDOR

On September 9<sup>th</sup>, 2002, the energy of our Arcturian Corridor intensified and dramatically shifted in a manner which could only be described as a “cosmic flip flop.” Your area of the universe is shifting consciousness, rebalancing, clarifying, and intensifying. It is this transition that allowed our Arcturian Corridor to prepare for its higher service. Over the twenty-seven days following the shift, the Corridor was re-calibrating to become more accessible to your third dimensional awareness. During those twenty-seven days, there was said to be a powerful alignment of all the dimensional realms and a perfect alignment of all the dimensional doorways. That perfect alignment allowed the opening of an inner stargate within the Corridor that had been in place for eons, but only opened during dimensional alignments.

This inner stargate is still open, and will remain open as long as there are any third dimensional persons, planets and realities preparing to return to the higher worlds. Our Corridor contains within it the harmonic resonance to activate the genetic restructuring that activates the memory of your ability to travel and communicate inter-dimensionally. Since September 2002, there has been an ongoing refinement within each of you that facilitates your ability to realize and accept that NOW is the time to commence your journey HOME to the fifth dimension and beyond. Best yet, you do not have to “leave” any

beloved portions of your reality, for Gaia is preparing for Her journey HOME, as well.

This channel has been in telepathic communication with us, the Arcturians, for many years, and she volunteered to share much of her communications with the world via the Internet. In 2002, when she became aware that the Arcturian Corridor was activated, she dedicated herself to the experience of entering the Corridor everyday, writing down her experiences and sharing them with others via her newsletter. When she first began her process, she had just completed a very difficult time in her life and was mentally, emotionally, and physically wounded.

Through her experiences in the Corridor she underwent a transformation. However, it took months before she was aware of that fact. Spiritual healing is like cooking with a microwave oven. It is done with a certain frequency, and the "cooking" is from the inside out. It often takes "time" in the physical world before you are aware of the transformation that has already happened within your consciousness. Perhaps some of you joined her, or others, in 2002 and had much the same experience. Whether or not you are conscious of it, if you have been drawn to join in this journey through the Corridor, you were likely involved in some way in the 2002 journey.

Even if this is your first journey through our Corridor, take a moment to compare your life now with your life in 2002. The high frequency energies to your planet have greatly increased since then. Hence, most of you have experienced some form of transformation. When the higher frequency light enters your form, your personal vibration increases. This increased vibration creates a faster spin to your chakras and your cell bodies, all the way down to your DNA. This increased spin throws off the lower frequencies of darkness, fear, discomfort and disease to enable you to accept more light into your consciousness, body and reality.

The process of releasing the darkness allows you to accept more higher frequency light into your system. This higher frequency light can create many symptoms of transformation in your emotions, thoughts, body, actions and reality. However, the reward is that the resonant frequency of your earth vessel rises and your consciousness greatly expands. Because of these changes, no matter how uncomfortable they may have been, you are ready to commence your journey through the Arcturian Corridor. Throughout your journey, you may wish to reflect on how much your life has, or has not, changed

since we opened our Corridor in 2002. We recommend this reflection because we realize that often our grounded ones can get lost in the mundane responsibilities of daily life and forget to recognize how much they have grown.

Allow your imagination to take the reigns so that you can quiet the voices of reason and doubt, as you journey in consciousness back to the fifth dimension and beyond. This is, however, a journey beyond time and space. Hence, there will be no leaving or coming. There will only be the here and now of your expanding consciousness of sense of SELF. So fasten your seat belts and settle in for your JOURNEY THROUGH THE ARCTURIAN CORRIDOR!

We are with you ALWAYS  
The Arcturians



## A MESSAGE FROM GAIA

Dear Earthlings,

I wish to remind you that I, Gaia, the consciousness of Earth, join you on this multidimensional journey. I thank you for your service of raising your personal resonance so that you can share your higher frequencies of multidimensional light with our planet. In return, I will assist you in grounding your multidimensional experiences in your physical and planetary body. I, too, have undergone a great transformation and am ready to move beyond the confines of the third/fourth dimension.

In preparation for your journey, imagine that you are moving into a new home. However, this is not a home for your body, but a home for your consciousness. Your consciousness is moving into your Lightbody. Actually, you are *expanding* your consciousness into your Lightbody, for you shall keep your earth body in the same frequency as my planet. In this manner, we shall move into the fifth dimension and beyond as the ONE Being that we have always been.

Think of your Lightbody as a beautiful attic room that you have never used, but it has always been there. Your Lightbody has always been in the "attic" of your multidimensional mind, as well as in the Atma (Three Fold Flame) of your High Heart. Your journey through the Corridor will so expand your consciousness that you will be able to consciously "move into" your Lightbody while still operating your earth vessel in your everyday, physical reality. In this manner, you will be living your everyday life, yet free of all its illusions, polarities and limitations.

You have been slowly assimilating your Lightbody by downloading your higher light into your earth vessel and merging this light into my planet. Hence, you have plugged-into and fully grounded the infinite power source of your true, multidimensional body of light/electricity. All you need do now is turn it on. Therefore, I ask you, are you ready to activate your Lightbody?

The love and light within you says YES, while your inner fear and darkness says, NO. Your journey through the Corridor will assist you in clearing any remaining residues of fear that separate you from totally embracing your greater SELF.

Take a long moment now to remember the love and joy of your many earthly adventures...

You needn't restrict your memory to this lifetime, for most of you have had many incarnations on my planet. You needn't remember the details of all your other realities, simply call in all the love of every reality you have ever experienced on my Earth...

Feel all the love of your long relationship with me, Gaia, as it flows into your heart and fills your mind with beautiful memories...

Allow the love to so fill your consciousness that there is no space for fear. Release the need to feel fear and replace it with the need to remember love...

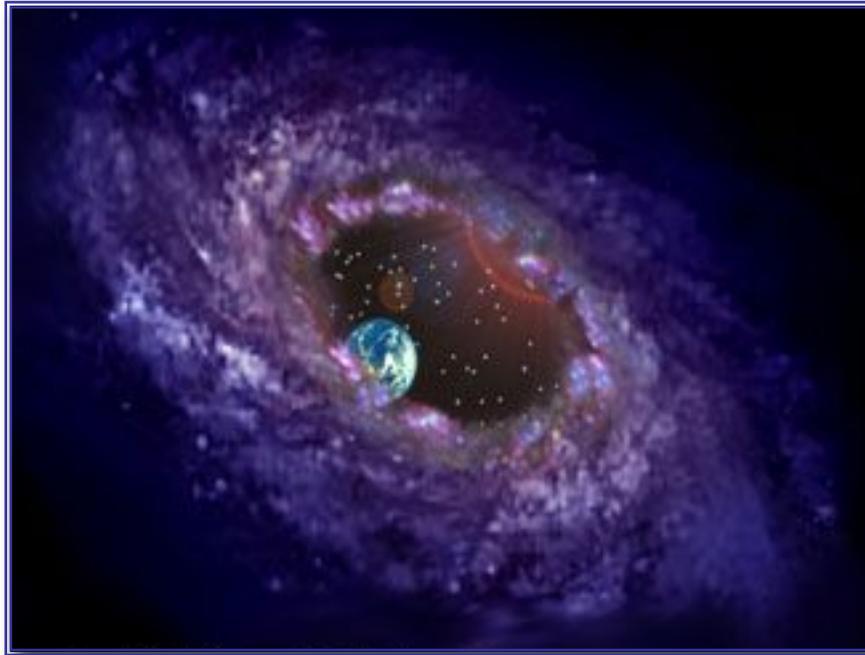
In this manner, your Lightbody will so expand that you can become constantly aware of it, as it infinitely guides and protects you. What was once only a dream is now awakening into your daily reality. By simultaneously keeping a constant connection with your Lightbody and my planet, you will not ascend away from me, but rather with me. In this manner, you will facilitate and consciously experience the long awaited planetary ascension of Earth. Nothing will be lost, except fear and sorrow, while Heaven on Earth will be gained.

In preparation for your entry into the Corridor, repeat as often as you can:

I am ready to activate my Lightbody!

Thank you for being my partner in creating a New Earth based on peace and love. Together, dear Earthlings, we now journey through the Arcturian Corridor and into the unknown...

Gaia



## JOURNEY THROUGH THE ARCTURIAN CORRIDOR

Dear One,

Many of the members of the ground crew have come from different Homeworlds (stars/planets of origin) to take an earth vessel in order to assist in this great cosmic moment of planetary ascension. Our Corridor provides a homing beam by which each member can re-connect with his or her multidimensional SELF. The Arcturian Corridor serves as a stargate, a distribution station, or control tower, such as you have in your airports. We are the hubs, the way station for all inter-dimensional explorers. All inter-dimensional voyagers travel through our vortex/corridor. The, they either stay here or move on to whichever star system is their final destination.

We the Arcturians wish to remind you that it is the clearing of your conscious and unconscious beliefs in limitation and separation that allows you to enter our Corridor and journey from the third dimension, through the fourth and fifth dimensions and into the sixth and seventh dimensions. Each time you enter our Corridor, whether your experience is conscious or unconscious, offers you a greater recognition, understanding, and integration of your true,

multidimensional SELF. We, your Arcturian family, welcome your return HOME to the higher worlds, although in reality, you have never left, as your earth vessel is but a small portion of your great Multidimensional Being.

Since the re-calibration of the Corridor in 2002, more higher frequency light has been radiating onto your planet. This higher light has illuminated, and shall continue to illuminate, the hidden darkness within the core of your third dimensional reality. When the non-polarized, higher frequency light of the fifth dimension and beyond travels through our Corridor, it amplifies the space "in-between" the lightest light and the darkest dark. Once this "in-between" is illuminated, the trail between the light and dark is revealed, and the connection between the two extremes is made. In other words, the higher dimensional light beaming onto your third dimensional polarities will reveal that there is actually NO separation between them. This revelation will work to short-circuit the third dimensional matrix.

If you believe that you live only in the darkness, you are under the illusion that you are limited in your ability to expand the light. On the other hand, if you believe that you live only in the light, you are limited in your ability to ground your light to illuminate and heal your inner darkness. Our barrage of higher dimensional, non-polarized light will serve to expose all illusion of polarity and separation. Without the separation, there is ONLY Unity.

All polarized thinking, such as good vs. bad, right vs. wrong, rich vs. poor, is neutralized once this path in-between is revealed. The *good* will then realize that they are also *bad*, the *right* will realize that they are also *wrong* and the *rich* will realize that they are also *poor*, as well as the other way around. With the end of polarization, the concept of separation becomes extinct. All opposites, or edges of a spectrum of experience, will be united by the in-between so that you may realize that you are both of the opposites, as well as the entire spectrum.

Enjoy the release of your old beliefs in limitation, for if you experience being *poor* or *wrong* or *bad*, you can easily choose the experience of being *rich* or *right* or *good*. However, you must believe that you have that kind of power to release your belief in limitation, or you will not have it. Your thoughts, whether conscious or unconscious create your beliefs, and your beliefs create your reality.

With the end of the illusion of separation, your feelings of separation from your true, higher dimensional Lightbody will also be gone, and

you will recognize that your Lightbody is an extension of your physical body, just as your fingers are an extension of your hand. The concepts of separation and limitation are only tricks, magical illusions, created by all of you so that you can play "The 3D Game of Separation and Illusion."

Just as you have felt separated from your Higher SELF, you have also felt separated from your myriad third dimensional, alternate and parallel realities that are scattered throughout the space/time continuum of your planet. It may appear that each of these realities is alone and separate from the others. However, any illumination gained in any life will contribute to your Soul's clarification.

These many realities are like a huge ball of knotted yarn, and your Soul is the thread that ties these knots together. Each life is a different knot in the yarn that causes the flow of the Soul's essential truth to be "tied up" in a third dimensional illusion. Each "knot" in the flow is another marker on the 3D game board.

At first there are many knots, and you struggle to use the yarn for your spiritual creativity, but it is too tangled and restrained. However, as each knot is untangled, another reality in the 3D game is cleared of limitations and separations, and the Soul's flow is less inhibited. Then, the more spiritual/creative force can move freely through the remaining 3D realities. Gradually, more and more of the players in your game are freed of third dimensional illusion.

We send our message to your Soul, so that it can disperse our illumination into each and every aspect of you in the manner in which each Self can accept it. As your planet raises more and more into the fourth and fifth dimension, you shall all become consciously aware of your other realities. Then you can take full advantage of any failures or victories that each of your *players* are living within the ever present now. In this manner, the wisdom of many lives can accrue to the one Core Life into which all your other alternate and parallel realities will download into at the end game of personal and planetary ascension.

To make things even more confusing to your polarity-bound 3D-brain, each of your many incarnations also has myriad parallel realities. A parallel reality is a parallel life that shoots off into a slightly different frequency of your initial reality whenever there is a moment of great decision. In this manner, your Soul can explore every decision and action within the "game" of each third dimensional life. To make life easier for your third dimensional consciousness, you usually choose to

be unconscious of your parallel realities. However, you may often dream of them or find them in your imagination. Therefore, we remind you that your dreams and imagination are often the means through which you can communicate with your multidimensional Soul/SELF.

Your journey through our Corridor will assist you in your process of releasing the illusion of the polarities. It is vital that you release your attachment to polarities, for it is these polarities that create a reality based on the illusion of separation and limitation. At first, when you enter the fourth dimension, your hidden inner darkness will be brought into the light of your awareness. As you enter the fifth dimension, you will find the balance of light and dark. Then, in the sixth dimension, you will merge the light and dark by re-writing your third/fourth dimensional hologram. In the seventh dimension you will meet your Oversoul and members of your great soul family. By traveling through our Corridor, you will renew your awareness of your multidimensional nature all the way up to the seventh dimension.

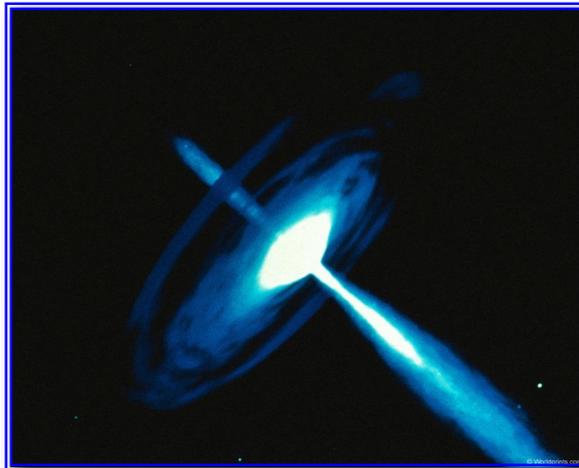
With the recognition and acceptance of the greatness of your true Being, your third dimensional illusions, and the fears these illusions create, will be seen from a multidimensional perspective. From this vantage point, polarities that once were the cause of separations from SELF and limitations in your life, become spectrums of reality in which the in-between can be easily viewed. Once the edges of emotion/consciousness are located, you can find the in-between, the middle, the fulcrum point, where compassion is born and true freedom resides.

Are you ready now to enter the Arcturian Corridor? Remember dear ones, every journey begins with a single step and proceeds one-step-at-a-time.

We are,  
The Arcturians

## STEP ONE

### Entering the Arcturian Corridor



### INTO THE VORTEX

Because you have been integrating your Multidimensional SELF into your earth vessel, which has greatly expanded your consciousness, you now have the ability to expand your reality beyond the confines of your daily life. Furthermore, you feel safe enough within yourself that you are able to heal and release the injured children, teens, and young adults within your conscious and unconscious psyche.

In fact, these selves within your self are lined up within you in front of the vortex of our Corridor. See them now. They are ready to step into the vortex; they are ready to go Home, back to their SELF.

See the vortex of our Corridor before you. At first, it is far away. Then, gradually, it moves closer and closer until, at last, the vortex is directly in front of you and directly in front of the line of your former selves who are ready to be released into its transmuting power.

The vortex is growing now. What was once a small swirling force the size of your hand is expanding. As it becomes larger, it also becomes stronger. The colors become brighter and change in hue.

The deep red changes into a magenta...

The orange and yellow merge into a glowing tangerine...

The green transforms into a dark turquoise which then swirls into silver tinged aquamarine...

This aquamarine then twists into a deep blue transforming it into a violet blue that shimmers as it moves faster and faster...

Then, the center of the vortex bursts forth in a flood of white light, which is instantly filled with the glimmer of gold and silver starlight...

Simultaneously, you hear the sounds of the vortex amplify and alter. What first sounds like the buzz of bees begins to take on an oscillating quality, which is joined by a low hum...

This hum purifies into a tone and the tone becomes a spectrum of harmonies...

These harmonies raise octave by octave growing ever more complex and compelling until,  
just as the center of the vortex bursts into gold and silver,  
the sounds crescendo into the Music of the Spheres...

The music beckons you into the swirl of light and sound...

They are ready to leave now, these portions of yourself which you shall never again need to be, which you shall never again ALLOW yourself to be!

Stand at the threshold of the vortex to hug and kiss them all goodbye. The youngest ones are first and the rest follow by chronological age, except that those who are older carry the ones who are too young to walk.

You wish to hold each one and wish them farewell, but the force of the vortex pulls them through faster and faster until they are becoming a blur.

All you can do is watch, as more and more of the person that you have known yourself to be disappears into the vortex of transmutation.

You watch your children, your teens, and your young adults whisk by so quickly that you can barely discriminate one from the other.

You feel as though you are in a tornado. You look around for something to hold on to, but there is nothing—nothing except your desire to remain upon the Earth to fulfill your destiny.

Yes, the Earth that has caused you such fear and, also, such joy. You have so often wished to abandon your responsibilities, and disappear into the wilderness of your own personal illusions.

Only your desire to stay, to fulfill your highest destiny, will protect you from the whirling pull of the vortex before you.

*"It is not your time yet,"  
whispers the voice of guidance in the core of your mind.*

*"You are among those who have volunteered to stay until it is time for the great journey. Release now all portions of your past that are not able to participate in that destiny.*

*"Feel them as they loosen from their stranglehold Within your consciousness.*

*"Release them as they jar themselves from their long sentence within the prisons of your fear and pain.*

*"Allow them to surface so that they can be free.  
Free of constriction and restriction,  
Free of darkness and fear.  
Free of time and the limitations it has brought."*

There is a final force of suction, one so strong that it almost loosens your tenacious hold on your convictions. The vortex pulls you closer and closer. You see before you the eye of the hurricane, the center of complete stillness, total peace. This stillness beckons you to enter. Oh, dare you enter now? Dare you let go and release your promise, release your destiny? The temptation threatens to uproot the dedication that has grounded you.

The core is a deep stillness, an ultimate peace. The whirl of colors and sounds emanating from it are surrounding you. Dare you go now? Can you just surrender to the infinite peace and love that you feel within the vortex and join the other portions of yourself, who could no longer stay? After all, you are but one person. What possible difference would someone as insignificant as you make in the scheme of such a Divine Cosmic Plan?

Bit by bit, you feel yourself entering the vortex. What had once been powerful is now as gentle as an evening breeze. What had once been deafening is now as quiet as the first rays of dawn. Inside the vortex of our corridor, there will be peace. Inside, there will be love, and justice, and freedom. You raise your foot to take that first step into the core of the vortex, but as you do so, you feel another pull. It is the pull of your promise, the pull of your destiny.

*"No!" you cry to the awaiting calm.*

*"I will not give up. I will not leave until I have accomplished all that I have promised to do, all that I have promised to BE."*

Suddenly, a hurricane of noise and a torrent of force replaces the moment of stillness and calm. You must use all of your will to resist and to return—return to your desire to complete what you have vowed to do—to complete the person you have vowed to be. You know that you must turn your back on the vortex or you shall never be able to resist its call.

In one monumental act of devotion, devotion to the Divine Plan, you turn around to face the challenge that you had threatened to leave. Behind you, you feel the instant release of the vortex.

In a flash of golden light—

It is gone!

You are alone.

But wait, before you a vision is forming. Gradually, you realize that the vision is one of a stairway, a stairway of light that is descending from the infinite unknown. Floating down the stairs you see wondrous beings filled with light, love and peace. Who are these beautiful beings, you wonder?

*"We are you," they reply in unison.*

*"Now that you have released the portions of yourself that have suffered in the third dimension, we can fill you with the portions of yourself that have loved upon the higher planes.*

*"We are you, you see. We are portions of your Soul that have awaited this moment so that you could release your pain and embrace your glory—our glory."*

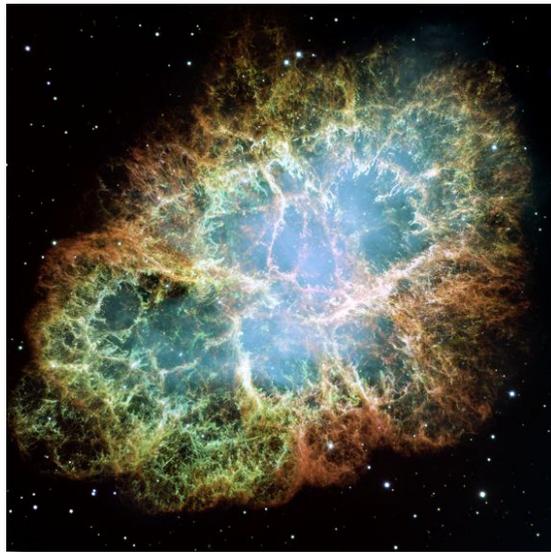
One by one, the beings of light

Are descending the golden stairway  
And entering your heart

Now you feel within yourself  
The peace,  
The glory,  
The harmony  
And, YES, the love

Now, you feel within you,  
The confidence and courage  
To calmly and peacefully

ENTER THE ARCTURIAN CORRIDOR...



### ***CALL TO THE ARCTURIANS***

Dear Arcturians,

I have been inside your Corridor for a while now watching the extreme polarities of world events. Indeed, polarities are most evident just before a paradigm shift, which we are now experiencing. I have been striving to stay above fear and live in love and compassion. It has been difficult. I can feel the fear of the collective consciousness, but I know that I want to contribute only love and compassion.

Since being in your Corridor, I have been releasing the fear and darkness of my many lifetimes in order to move beyond all polarities. I have also been detaching from the judgments and illusions of the physical world. This task has not been simple either. I thank you, however, for being my anchor in the sky to which I have tenaciously held. I ask you now for words of wisdom, perhaps ones that I could share with the many other frightened citizens of Earth.

Dearest Ones,

We have felt your energy and embraced your efforts and contributions. These are difficult times for all the grounded ones. Therefore, we wish to say to everyone who is currently embodied that you have volunteered to be alive at this time, and we greatly commend you for this. You have all had notification of these times, yet knowing a challenge does not always make it easier.

We, however, can assist you, and are doing so, to remember that NONE of this is real!! You are now experiencing the final drama of the battle between light and dark, love and fear, so that you can forevermore choose peace and knowing. We have deep empathy for all grounded ones, and we respect your courage for volunteering to be present for this monumental moment of transformation into the truest expression of SELF.

Detachment from third dimensional dramas, while still holding compassion and unconditional love for everyone and everything, is an initiation of the highest caliber. We commend all of you who are endeavoring to accept this challenge for you are truly the Scouts through the wilderness of fear and confusion.

We wish to personally say to each of you, we, the Arcturians, are within you now and forever more. We send you the highest frequency of love and compassion, so that you may ground it in your consciousness, your body and your daily life. We wish you to accept this gift, not because you are afraid but because you deserve it. YOU deserve happiness, love, beauty and the limitless adventure of New Earth.

Take a moment now, dear ones, to remember other times in your life, as well as other lifetimes in which you successfully faced the great fear that enshrouds your country, and indeed, much of Gaia's planet. Do you now feel how the many animals of Gaia have felt as they watched their reality be destroyed by the selfishness of humanity? Do you now feel how the many magnificent forests and sweeping valleys have felt as they were turned into harsh, naked lands? Do you now feel the many creatures of the ocean that are on the verge of extinction?

Yes, our beloveds, you do feel the planetary consciousness because your empathy has so expanded that it is not limited to humanity. Hence, your emotional bodies are overwhelmed by the messages, not only from humans but also, from the very life force of Gaia who shares this moment of initiation with you. Perhaps, if you can realize the magnitude of this time of awakening, you can put your emotions into perspective. By this statement we mean the planetary perspective.

Feel yourselves now as ALL of your reality.  
Feel all that you have ever loved and ever wished to experience.

See the future that you are creating with your great love and compassion and know that the old must die so that the new can be

reborn. The inner workings of the many old mechanisms that were based on greed and hunger for power over others are being displayed for all to see. In this manner, a new reality based on love, peace, caring and unity can emerge. In your hearts and minds you are hearing the flap of the Phoenix Bird's wings, which makes you fear that all must be destroyed before it can be reborn.

We say to you now, dear grounded ones, death before birth is the old paradigm! Within the new paradigm, there is NO death. There is only transmutation. You, and your entire reality, are transmuting into your higher dimensional counterpart. What is willingly released does not need to die. Your willingness to let go of that which frightens you, and your dedication to connect only to that which fills you with the glory and spirit of unconditional love and infinite gratitude, will pull you through the narrows of the immense changes of personal and planetary transmutation!

We hold you constantly in our consciousness and invite you to continuously hold us in yours. Focus on hope, love and the wonder of a new life. See implanted in your third eye, like the wallpaper on your computer, the reality that you desire to create forever. This vision will set your intention to focus on that which you love and allow you to release anything less. The reality you choose to perceive is the reality you choose live!

Look not to the many problems, except to give assistance in any manner that you feel called upon to contribute. As you assist others in crisis, whether they are human, animal, plant or mineral, do so with the deep love and compassion that we see in your hearts.

You are the creators of a new world. You have incarnated on Gaia time after time to rehearse this contribution. NOW is the moment for which you have been preparing. We are here now to tell you that

YOU

ARE

READY!

We are infinitely with you and wish to leave you with a unified Mantra:

*In every moment of my life,  
I AM the creator of compassion and unconditional love.*

Please call upon us,  
The Arcturians

## STEP TWO

### Revealing Hidden Darkness



*The Lower Fourth Dimension*

Dear One,

We are using the Corridor as a homing beam for our ground crew. The ground crews are from different Homeworlds (stars/planets of origin), as well as parallel realities in which they have taken form in the fifth dimension and beyond. Our Corridor provides a means in which you can reconnect with other incarnations of your Soul. The Arcturian Corridor is a stargate, a distribution station, or control tower, such as you have in your airports. We are the hubs, the way station for all inter-dimensional explorers. All inter-dimensional voyagers first enter through our vortex/corridor. They then either stay here, or they move on to whichever star system is their final destination.

The increased frequency of light within the Corridor immediately expands your consciousness into the fourth dimension. Take a long moment in the ever-present NOW of the Corridor to feel the higher frequency light around you. Our Corridor is designed to raise your frequency in a slow and steady fashion. Therefore, with your first step, the frequency of light is just one-half octave above that of your third dimensional reality, and by your second step you are in the fourth dimension. Feel the slight tingling in your body, mind and emotions as the light gently caresses you.

As you look closely at your surroundings, it almost appears that you are in a cloud, but the cloud is a swirling dance of changing hues of blue and violet. Look just where you are and allow where you are going to surround you when you get there. In this manner, you can BE where you are and be totally present with your experience.

The light that surrounds and embraces you is gently coercing your hidden darkness to the surface of your consciousness, so that it can be healed and released once and for all. Your darkness is not the part of you that is "bad." Instead, your darkness is the part of you that is wounded. In this wounding there is fear, which has lowered your resonance enough that you have forgotten your true form of Lightbody.

You are now traveling through the lowest frequencies of the fourth dimension, known as the Lower Astral Plane. Since this is the lowest frequency of the fourth dimension, it holds all the darkness of all your incarnations, as well as all the darkness/fear that has been experienced by ALL of Gaia's creatures. From within the Corridor, you can safely create a tunnel of light through the Lower Astral Plane to assist you and Gaia in releasing the accumulated lower frequencies of fear and darkness. Then, you can more easily activate your Lightbody, as well as the Lightbody of Gaia.

Take a moment now to visualize Gaia's blue body below you. Can you see the darkness in the Lower Astral Plane? It is the accumulated darkness of the inhabitants of Gaia who have forgotten the true nature of their Soul/SELF. Watch the planet turn until it stops at the hemisphere, continent, country, state, city, neighborhood, home and the earth vessel of your grounded one, who is sharing your adventure within the Corridor...

Using the great power of your imagination, create a tunnel through this darkness by sending a beam of the Corridor's light down through the Lower Astral Plane to the area of Gaia's body over which you are a steward...

Take a moment now to feel the unconditional love within the Corridor. Inhale that love and exhale it out through the tunnel you have created and into your physical reality...

As you look again at Earth, you see more and more pathways of light through the Lower Astral and through the darkness of Gaia's aura, as you feel the unconditional love beaming within each ray of light...

Because of this personal and global clearing of darkness, you may experience some unpleasant dreams as you continue this service while in your astral, night body. You may also experience spontaneous memories of unresolved issues of your childhood, teen years, and youthful relationships, and even other lifetimes. These residues of old, forgotten fears, angers, disappointments and sorrow are coming to the surface of your consciousness to be dealt with from inside the security of our Corridor.

The higher frequency light of the Corridor instantly transmutes any darkness that you release back into the balance point of pure light. Hence, with each healing of your darkness, you are able to tolerate higher and higher frequencies of light to facilitate your activation into Lightbody.

Because you are beloved members of the Planetary Ascension Team, you will be able to integrate the higher frequency into your physical body, your reality, and your planet when you return to your daily life. Gaia will also assist your process by contributing Her great experience, knowledge, patience and unconditional love.

Dearest Ones, all of you are reprogramming your internal sensors so that you can be in constant contact with your higher dimensional realities. This is why your old, hidden darkness must be brought to the surface to be released. This old darkness creates "static." In turn, this static makes it difficult for you to clearly receive messages from the many higher levels of your SELF. Allowing hidden levels of your ancient darkness to come to the surface of your consciousness can create a sense of fear. To confront this issue learn to simply breathe out your fear.

### BREATHING OUT FEAR

Take three long, slow, deep breaths.  
With each exhalation, imagine that your consciousness gets larger and larger until it fills the room.

Take three more long, slow, deep breaths.  
With each exhalation, imagine that your body gets larger and larger until it fills the room.

Take three more long, slow, deep breaths.  
With each exhalation, imagine that you can see the spaces in  
between the particles of matter of your expanded body.

Now, see the vapors of fear as they approach you.

Calmly observe them as they move past you and through the  
spaces between your expanded form.

Do *not* attach to the fear. Simply allow it to flow through you.

FOCUS ON WHAT YOU WANT  
NOT ON WHAT YOU FEAR.

When fear is no longer your enemy, you can more easily accept the  
love that constantly emanates from the place "in-between" fear and  
love. In this manner you can begin to remember that ALL separation  
is an illusion.

The Arcturians

(Please take one or more Earth days to integrate your process into  
both your personal and planetary bodies. Experiencing fear as ONLY  
an energy field reduces its power and allows you to feel your own  
power within, In this manner, you share your experiences with me,  
Gaia, to assist in our planetary ascension, and allow me to amplify  
your process with my unconditional love and compassion.  
Gaia)

## STEP THREE Feeling the Flow



### *THE MIDDLE FOURTH DIMENSION*

Dearest One,

We wish to remind you, the grounded ones, that we willingly and lovingly extend our essence ALL the way down the frequency spectrum into your third/fourth dimensional worlds. We say third/fourth dimensional, as your planet was once fourth dimensional, but the imbalance of light and dark plummeted Earth into the third dimension. Now, with the help of Her humans and cetaceans, Gaia has expanded Her frequency to once again encompass the fourth dimension.

We are here now to lead you through our Arcturian Corridor so that you may further raise your personal and planetary resonance into the fifth dimension and beyond. You and Gaia are partners who push and pull each other along the Path to Planetary Ascension. Be not afraid that you are leaving your reality, for it is only the limitations and fears that you are leaving. Feel now your connection to the physical, as well as to your spiritual world. You can no longer limit your sense of self to your small physical form and must burst free of it at the same time that you completely inhabit it.

Because you have been downloading and integrating your Multidimensional SELF into your earth vessel, you no longer perceive

your earth vessel as just a body. Through your expanded consciousness and sense of SELF, you now perceive your physical body as the grounding point for your huge, multidimensional form. Your human form is your point of awareness on the physical plane, the densest portion of your true Being who expands beyond space and time. Take a long moment now to imagine your SELF as being EVERY-WHERE and EVERY-WHEN...

Remain centered and calm inside your consciousness and loving and pure inside your heart. Feel also the loving purity and centered calm of the Corridor. You are one step deeper into it now, and what appeared as clouds before now looks more like a swirling, blue/violet mist. Allow your consciousness to merge with this mist, so that you can FEEL the glimmer of starlight, even before you can see it...

At first the starlight is random, but as you slowly inhale and exhale the unconditional love within the Corridor, the stars begin to spiral into a circle which surrounds and embraces you...

One particular star resonates to your heart. This star is your Homeworld, the reality to which your Soul feels most attached and yearns to revisit. Feel the joy of remembering your true Home...

On the other hand, you may also hear an old inner darkness that still holds on even after your release in Step One. This darkness is telling you that you can't actually be in a Corridor to the stars. "You need to stop this nonsense and go back to work," whispers fear.

Send love to these words, for you know that they are only fear...

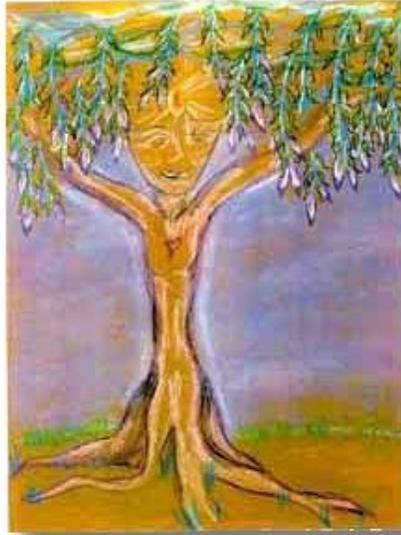
From your position in the starry Corridor, you can see the insurmountable "problems" of your daily life as challenges that are meant to assist your grounded one to awaken. Call upon the unconditional love that fills the Corridor and send it back through the swirling stars into the problems of your everyday life...

Because you have expanded your consciousness, you are aware that YOU are BOTH in the Corridor, as well as in your physical reality.

Take a long moment to see the YOU that is in the Corridor...  
Now, see your physical body from the YOU within the Corridor...

SEE the Flow that connects YOU to each other...  
FEEL the Flow that connects you...

Feel this flow as you go about your day.  
 Feel this flow as we commune with you—ALL DAY.  
 A\*



### A MESSAGE FROM GAIA

Dearest Earthlings,

As you Flow through your daily life, you may feel symptoms of transformation in both your Third Eye and your Crown Chakra. Not only are you using your Third Eye to perceive the Corridor, you are also allowing the powerful multidimensional light/energy of the Corridor to Flow into your Crown Chakra. Hence, your Crown Chakra is expanding to embrace more and more of it's true frequency, while your Third Eye is opening to perceive higher and higher realities.

Because you are filling these chakras with a higher frequency light, the spin of each chakra will progress faster and faster. As each chakra increases its spin, it creates a centrifugal force that will throw off the lower frequencies in order to accept more and more of the higher frequencies. As you throw off the lower frequencies to embrace the higher, you will begin to release third dimensional concepts of separation and limitation to replace them with fifth dimensional concepts of unity and infinite potential.

Through this process of transmutation of the old into the new, you may experience symptoms of transformation. These symptoms may be felt in your Crown as a tingling or slight itch at the top of your head.

You may find it difficult to concentrate on mundane tasks and find that they bore you or cause you great fatigue. This reaction to mundane tasks is because your consciousness is expanding far beyond the daily Beta Brainwave consciousness and into Alpha and Theta Wave consciousness. Hence, you desire to spend your time on Earth doing only what gives you joy and stimulates your creative mind.

With the opening of your Crown Chakra, your sleep cycles may also change, or you may find that you need much more sleep, or less. Your circadian cycles of wakefulness and sleep are shifting due to the constant stimulation of your pineal gland. You may also find that your dreams and meditations are more vivid and illumined than they have ever been before.

Your bodily symptoms of transformation from the ongoing opening of your Third Eye may be sinus headaches, dizziness, colds, postnasal drip, vision problems or difficulty with concentration. As you journey through the Arcturian Corridor, you are beginning to live in two worlds at once. The further opening of your Third Eye also increases your expanded perceptions of telepathy, empathy, intuition, clairvoyance, and clairaudience, clairsentience, which will enhance your ability to more clearly perceive the multidimensional aspects of your ever-expanding reality.

It is important that you trust your perceptions and follow your intuitions. You may always call upon me, your Earth Mother, to ground your new life in my body as we move into the stars together.

Gaia

(PS: Please take one or more days to integrate your process into both your personal and planetary bodies. In this manner, you can share your experiences with me, Gaia, so that I can assist our planetary ascension, and amplify your process with my love and compassion.)

## STEP FOUR The Leaky Boat



### *THE UPPER FOURTH DIMENSION*

Dearest One,

There may be an area of your life, which has been an old, recurrent problem. This "problem" may now present itself in a manner that you cannot ignore. You may have been putting off dealing with this issue because you were bound by the old illusion that it was too difficult for you to address. However, now that you have viewed your physical life from the multidimensional perspective of the Arcturian Corridor, you have likely been able to see beyond the illusion and into a possible solution.

In fact, the solution may well be that you finally allow the old, leaky boat to sink. Indeed, as you journey further into the Corridor, many "leaky boats" may sink. As you relay your higher dimensional light into your mundane world, all that is unstable will dematerialize (disappear from your life). You have likely been pushing your self so hard, by "trying to work things out," that you have become fatigued.

This fatigue is because you have not balanced your "outflow" with your "inflow." When you forget to "recharge your energy" by accepting the "inflow" of higher dimensional light into your life, you can become unbalanced and lost in daily struggles. What happens when you do not

eat or drink? What happens when you do not put fuel in your car? While lost in the illusions of the third dimension, you may forget that your spirit runs on love and light, just as much as your body runs on food and your car runs on fuel.

It is this higher dimensional light that will shine the highest solution onto your everyday problems, as well as allow you to release aspects of your life from which you can no longer learn. Hence, take a long moment to breathe in the inflow of higher frequency light that is abundant in the Corridor.

Feel your essence in both the YOU in the Corridor,  
As well as the YOU in your earth vessel...

Inhale the Flow of multidimensional energy and unconditional love within the Corridor's blue/violet mist...

Exhale this Flow to share it with your grounded self...

Imagine that your grounded self is inhaling this Flow...

AGAIN:

From the perspective of the Corridor,  
Breathe-IN the Flow of multidimensional energy...

Now, simultaneously:

FEEL yourself breathing-OUT the Flow within the Corridor...  
And breathing-IN the Flow sent from the Corridor...

Now, from the perspective of your grounded self,  
Breathe-OUT this Flow into your daily life...

Once you are fueled by the inflow of multidimensional light and unconditional love, the outflow of your daily life will be infused with the perspective of your multidimensional SELF. This perspective is free of the limitations of third dimensional illusions and filled with the truth that all you need FLOWS freely from the ONE.

Once you realize the power of balancing inflow and outflow, you will gain a rhythm in your life. When you feel full of the inflow of light and creativity, you can easily move into the outflow of sharing your light and expressing your creativity. When you feel tired, you know that it is

time to accept more light so that you can continue with your outflow. Remember that the inflow is of the ONE and not bound by time or space. Therefore, it does not take time for inflow. It only takes your intention to accept it.

Try going about your day with a constant recognition of your inner light. When you are full of light, remain in outflow. When you are low on light, take a second to set out the intention of, "I NOW accept the inflow of my greater light." With the speed of thought, more light will inflow into your system to guide you in your daily outflow.

There are also the greater cycles of inflow and outflow. Sometimes, your life is about outflow, and you have abundant determination and energy to create within your reality. At other times, your inner life is calling you and you need to go into inflow to receive the illumination and wisdom that comes from taking the time and intention to live your life on inflow for as long as is necessary.

Be aware of the FLOW, so that you can surrender to it in every moment of your life. When you feel the need to be very active and creative, you are in outflow. When you feel the need to be still and reflective, you are in inflow. Do not judge where you are, simply respect it, and respect yourself for being wherever you are, whenever you are there.

The Flow has now taken you to the threshold of the fifth dimension. Take a long moment now to release ALL your leaky boats. To enter the fifth dimension, you will need to release all the fear and darkness of your physical reality. Realize that the polarity of fear and darkness in your third dimensional life urges you to stretch your awareness to its opposite polarity of love and light. To enter the higher worlds, you will need to release your need for polarity and perceive the reality that lies "in-between."

In order to make this immense shift in your consciousness you will need to release all judgment and attachment to the outcome of the material world's problems. Judgment binds you to that which you judge and pulls you into the conflict creating the "best" outcome. When you were a child, you needed the polarities of life to learn through conflict resolution. Now, you are an adult and you can learn through remembering your true SELF. You also realize that YOU are the creator of your reality, so that you can create a reality free of the illusions and limitations of a polarized world.

Look back one more time to the life that you have known. See yourself within the vortex of our Corridor...

Feel the mist, which has become a million twinkling stars, encircling and guiding you. As you move forward to your new life, all the issues of your past greet you to be loved free. Release the polarity of fear by blessing it with love...

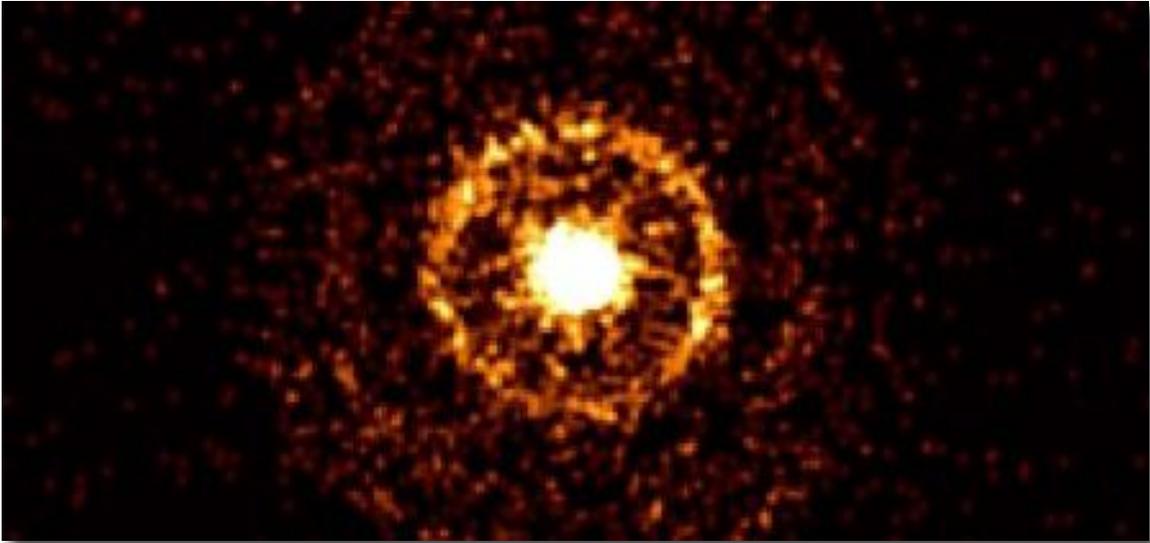
Feel the neutrality of the in-between, as it sets your course onward through the center of the Corridor...

Are you ready to activate your Lightbody, for the time is NOW!

The Arcturians

(PS: Please take one or more Earth days to integrate your process into both your personal and planetary bodies. In this manner, you share your experiences with Gaia, to assist in planetary ascension, and allow Gaia to amplify your process with Her great love and compassion.)

## STEP FIVE The Void Into the Fifth Dimension



### *THE GREAT VOID BEFORE THE LIGHT*

Dearest One,

We are joyous for you to join us as we continue our journey through the Corridor. We are now progressing towards the fifth dimension, but first, we must cross the Great Void. Our Corridor is much like the Void, for it is in-between all possible realities, while also being a gateway to every reality. In between the third and fourth dimensions and the higher worlds is the Great Void, which is actually a black hole, a passageway into higher dimensions. In this case, it is the higher dimensional expression of your present reality.

Dimensions one through four are on the physical/astral side of the Great Void, whereas dimensions five through eight are on the spiritual side of the Void. There is another passageway before the seventh and eighth through twelfth dimensions. This higher passage is not the nothing-ness of the Great Void. Instead, it is the everything-ness of All That Is. Your realities in the fifth through seventh dimensions prepare you for the experience of infinite experiences, all within the same NOW, of the eighth through twelfth dimensions.

When you are functioning only from the ego/self of your third dimensional reality, you are barely able to contain the experiences of

one reality at a time. However, once you expand your consciousness to encompass the fourth dimension, you begin to have memories, dreams and experiences of your parallel realities in other times and places on the third and fourth dimensions. However, you generally will need to move into a higher state of consciousness and shut out your daily life in order to experience these other realities.

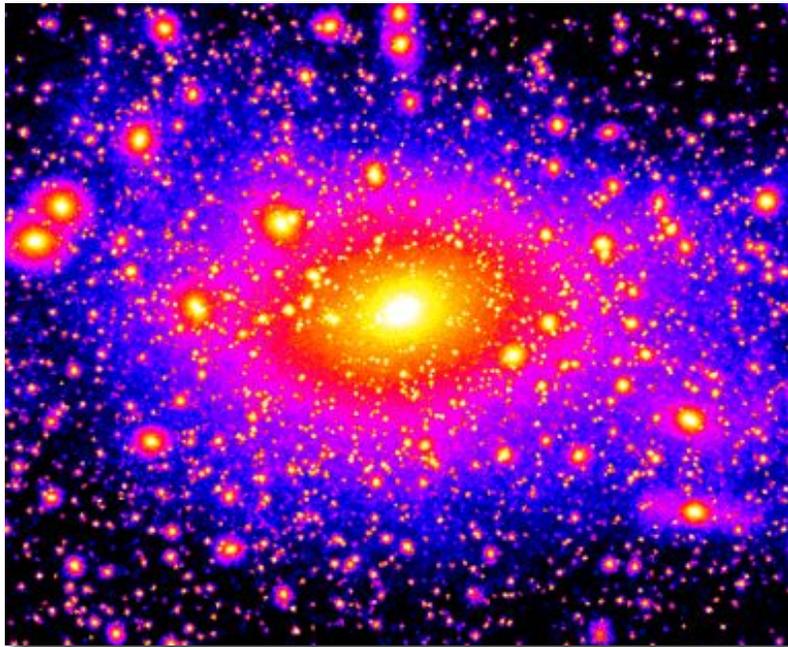
On the other hand, when you expand your consciousness to embrace the fifth dimension, you will be able to simultaneously perceive several of your fifth dimensional realities. Without the limitations and illusions of the lower worlds, your multidimensional perceptions can be aware of several parallel realities within the same moment. Also, the higher dimensions can easily view the lower, whereas it takes consciousness expansion and practice for the lower dimensions to view the higher. It is your connection to your Multidimensional SELF that allows you to view and experience the many versions of your multifaceted SELF.

However, before you can enter the fifth dimension, you must journey through the nothingness of the Great Void. Experiencing the total darkness and nothingness of the Void is necessary for you to fully release the illusions, limitations and separation of polarities of the third and fourth dimensions. It is important to realize that whenever there is a major paradigm shift, such as the one commencing on Earth now, the polarities, especially those of love/light and fear/darkness, become more and more apparent. The intensity of these heightened polarities so frustrate and confuse the masses that, almost unconsciously, their consciousness is pulled into the null zone in-between the extremes of opposite polarities.

Many spiritual seekers of your Earth cultures have undergone long periods of sensory deprivation in complete darkness to find illumination. In Europe, mystics fasted and meditated in the vast networks of underground tunnels. The Egyptian initiates entered the pyramids and the Romans secluded themselves in the catacombs for extended periods of fasting and meditation. The Essenes and Taoists used caves, while the Tibetans entered caves and walled in rooms for the same purposes. Their reason for meditating and fasting in the total darkness was to learn to "feed self" with inner light. Also, with no stimuli, the mind begins to wander into primordial, as well as highly spiritual, states of consciousness that are free of time and space.

Because you have been downloading the higher frequencies of energy/light that are bathing Gaia, and because the resonance of the planet is now a higher frequency, all you need do in this era is

visualize the deep darkness of the Void. With the power of your imagination, you can activate the deepest centers within your brain to connect your pineal gland (crown chakra) with the Universal Energy, so that your pituitary gland (third eye) can receive this cosmic force and use it to launch your consciousness into inter-dimensional traveling. By going into your cocoon of darkness, which is Nature's birth canal, you prepare yourself to emerge into a new life.



To enter the Great Void before the fifth dimension, see the starry Corridor before you. Millions of stars sparkle and spin to merge into a starry passageway. Do you see the very center? It is completely dark and seemingly without life. Can you release your old polarized thinking that the "light" is better than the "dark?" Can you realize that this dark Void is an area where you can experience your self as *being* the light? First, however, you must allow your self to *be* the Void, the nothingness that precedes your rebirth.

Hear our words and feel the support of the many stars around you as you prepare to make the leap OUT of the illusion of who you were and IN to the truth of who you have always been. See the very center of the Corridor? It is completely dark now and seemingly without life.

To enter this dark Void turn your mind around to know your true SELF. Do not think!  
Do not use logic, analysis, or even perception.

Instead, just LET GO...

Release all polarities...

Release all the illusions of the material world

As well as your need to make them "turn out right"...

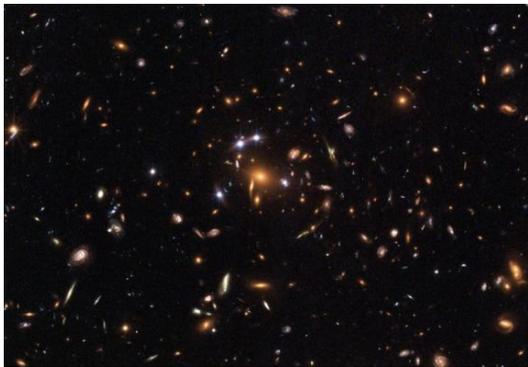
LET GO

LET GO NOW!

Suddenly, you find yourself in the Great Void. The darkness is complete and the emptiness absolute. There is nothing and no one to whom you can respond. There is total silence and you are alone—alone with only your self. Forever, you float in the nothingness. Gradually, with no illusion of person or thing upon which to attach your fear, you realize that fear itself is an illusion, a product of your physical reality. In the Void, there is nothing to fear, except fear itself.

The face of fear is only your own, and the voice of fear can only be your own. "Can you remember love?" whispers the inner voice of your SELF. Your inner voice speaks so softly that you must quiet your consciousness completely to hear it. With a deep breath, you completely surrender to the nothingness of the Void and embrace its darkness.

Once you remember to embrace the void, you begin to deeply experience yourself as pure consciousness, free of all form, free of all limitation and free of all goals. And, most wonderfully, free of all fear. "Yes," you hear yourself speak into the nothingness, "I *can* remember love." As you remember love, you slowly begin to see your inner light, a single speck of light illuminating a starless night.



As your inner light glows brighter, the darkness is gradually illuminated to reveal that you are not alone. All around you countless specks of consciousness are blinking on and gradually increasing in brightness. With the force of your intention you join these lights, and discover that your journey is not without a destination. Your growing group of conscious lights is on a journey from their physical selves into higher and higher expressions of their Spiritual SELVES. Each illumined consciousness is one of the

members of the ground crew. Together, you are all having a dress *rehearsal* for the great *play* of planetary ascension.

Since light seeks light, your group is slowly being guided toward a greater light. At first, you can feel only a warm glow, the first sensate experience since you entered the Void. Because there is no space or time within the Corridor, you have no concept of how long you have been on your journey. Nevertheless, in the NOW of your timeless experience, you sense a great energy beckoning you to join it.

As you relax into the group of inter-dimensional travelers, your unified field easily carries you to the threshold into the fifth dimension. Before you is a huge crystal that appears to actually be a city. As you approach it, giant crystal doors open wide to receive you. Everywhere, the specks of light, that once were humans, burst into beautiful Lightbodies.

Take a moment to examine your form. Allow your imagination to be limitless as you release the dense boundaries of your human form and expand your body into its true magnitude. Your Lightbody is your Merkaba, your Chariot to the Gods. Within this form, you can easily morph into any shape you desire.

The specks of light that have become Lightbodies are now all flowing across the fifth dimensional threshold to the Crystal City and in to the Crystal Temple. It is within the Crystal Temple that each of you will be directed to your next experience.

Hold all that you just experienced in your conscious mind. What form do you wish to inhabit, and where do you wish to travel? All reality is yours for the choosing!

A\*

(PS: Please take one or more Earth days to integrate your process into both your personal and planetary bodies. In this manner, you share your experiences with Gaia, to assist in planetary ascension, and allow Gaia to amplify your process with Her great love and compassion.)

## STEP SIX THE CRYSTAL CITY

### *THE THRESHOLD OF THE FIFTH DIMENSION*



Dear Members of Gaia's Planetary Ascension Team,

We, the Arcturians, proudly declare that every one of you is NOW called upon to fully awaken to the consciousness, power, wisdom and unconditional love of your Lightbody. Here in the Crystal Temple, you can clearly see that your true form is a magnificent body of light, while still being aware of your physical form in the third dimension. However, the YOU in the lower worlds may still be under the illusion that your true SELF is limited to your physical form.

We are joyous to tell you that the time has come for you to shed your third dimensional cocoon and emerge as the multidimensional "butterfly" that you have always been. To facilitate this transformation, we ask each of you here in the Crystal Temple to become fully aware of yourself as Lightbody. Take a long moment to feel the light that radiates from your core to create a space vessel for your vast Multidimensional SELF. It is this Lightbody Vessel that shall carry you on your myriad inter-dimensional journeys.

Now, we ask you to take an equally long moment to be fully aware of your reality on Earth. By taking this journey through our Corridor, you have created the parallel realities of your physical life and your life in

the Corridor. Both of these realities are real and both are happening simultaneously. In one reality you are here in the Crystal Temple living in the form of Lightbody, and at the same time, you are on third dimensional Earth living in the form of a human body.

Here, on the threshold of the fifth dimension, you are free of the polarities of separation, as well as the limitations of your physical reality. Hence, your perceptions have expanded to experience more than one reality at a time.

From the perspective of the Crystal Temple, please take a long moment to again observe your magnificent Lightbody...

Now, look down into your earth self to observe your physical body...

Experience your Lightbody while you simultaneously experience your physical body...

The higher dimensions can easily perceive the lower, but the lower dimensions usually cannot perceive the higher. However, if you can establish a constant link between your reality here in the fifth dimensional Crystal Temple and your parallel reality on third dimensional Earth, you can awaken your human self's ability to perceive the higher dimensions.

Furthermore, once this link is established, the fifth dimensional YOU can constantly transmit Lightbody consciousness into the awareness of the YOU that is grounded on Gaia. To begin this process, send your fifth dimensional creative powers into your physical self's dreams, breathe your unconditional love into your physical heart and infuse your human mind with the wisdom and knowing of your multidimensional Lightbody. It is time NOW for your human self to AWAKEN.

Your physical planet, country, family, and, in fact, your entire physical reality needs the YOU in your 3D reality to activate your seed of Lightbody and become your highest expression of SELF in daily life. Since Gaia is now traveling through the narrows into the higher frequency expression of Her SELF, She calls upon the earth-bound stewards of Her land and sea to assist Her by awakening to their highest expression of SELF, as well.

Dear Lightbodies, please tell your parallel, grounded self that there is to be NO more hiding of your wisdom, power, love and immense creativity. During your incarnations in the long night of the last two thousand years, the Kali Yuga, your light had to be hidden, as revealing your true SELF would have been hazardous to your health. As Gaia, Her Solar System and Her Galaxy cycles back to the Galactic Center, this era of fear and domination is coming to a close.

Your grounded self who is living just a few years before the great Cosmic Breath of the Galactic Center in 2012, is the treasure in which your Soul has accumulated all the lessons of all the realities you have ever experienced on third dimensional Earth. As the YOU in your grounded parallel reality transmutes fear from these many realities into the opposite polarity of love, much of Gaia's ancient fear will also transmute into unconditional love. In this manner, both person and planet can awaken to Lightbody, together!

Through the many centuries of your world, the concept of Lightbody has appeared in many cultures and called many names. Taoism calls it "Diamond Body" and "Jade Body." The Kabala calls it the "Merkabah," and Tantra has calls it "Adamantine Body." Christianity calls it the "Glorified Body," and the Catholics use the term "Holy Flesh." The Vedanta calls your body of light the "Superconductive Body," and the term "Supercelestial Body" is used in Sufism. Neo-Platonism uses the term "Radiant Body," whereas Hermeticism uses the name "Immortal Body." Kriya Yoga use the term "Body of Bliss," and the Emerald Tablets uses the name "Golden Body." The term "Lightbody" come from the Tibetan Buddhists.

As you can see, the concept of consciousness in the form of a body of light has been alive in the memory of spiritual seekers and leaders for millennia. Because the potential for this body is deep within your genetic memory, you can more easily embrace this Lightbody form as a housing for your consciousness.

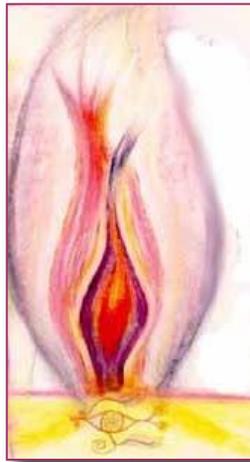
Most important, this potential is deep within what has incorrectly been labeled as your "junk DNA." Your junk DNA, which is 97% of your human DNA, is the hard drive for the activation of your Lightbody while you are still grounded in your third dimensional earth vessel. As you continue your journey through the Corridor, you will learn how the Galactic Breath of 2012 can activate this junk DNA's hard drive. For NOW, we will prepare you to consciously accept and participate in this great cosmic moment.

## LIGHTBODY AWAKENING THE ATMA OF PHYSICAL SELF

From the viewpoint of the YOU in the Crystal Temple, look again into the YOU on Earth...

Look deep, deep into your physical heart to see your ATMA, your Three Fold Flame of Wisdom, Power and Love...

As you look into the ATMA within the heart of your physical vessel, use the multidimensional breath of your Lightbody SELF to breathe into your earth vessel's Three Fold Flame...



With your first breath  
Awaken the innate WISDOM of your human self...

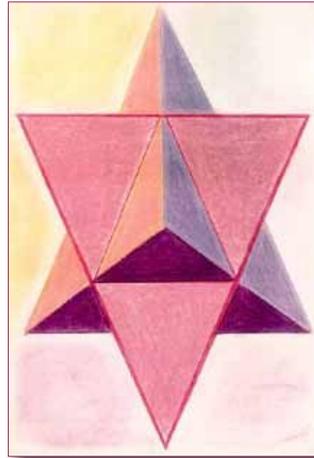
With your second breath  
Awaken the innate POWER of your human self...

With your third breath  
Awaken the innate LOVE of your human self...

Hidden deep within the Flame of your earth body's ATMA is the seed of your Lightbody. This seed can be visualized as your Inner Merkaba.

From the viewpoint of the Crystal Temple, see the Merkaba inside the ATMA of your physical heart...

## **FIFTH DIMENSIONAL LIGHTBODY ACTIVATES THE MERKABA OF PHYSICAL SELF**



To begin the activation of your Lightbody in your third dimensional life, use the multidimensional breath of the Lightbody YOU to awaken the inner Merkaba of the parallel, grounded YOU...

From your Lightbody SELF:

With your first breath

Expand your human Wisdom to encompass the Infinite Wisdom of your multidimensional Lightbody...

With your second breath

Expand your human Power to encompass the Creative Power of your multidimensional Lightbody...

With your third breath

Expand your human Love to encompass the Unconditional Love of your multidimensional Lightbody...

### **LIGHTBODY EXPANDS PHYSICAL SELF'S MERKABA**

To expand your grounded self's inner Merkaba, breathe again from your Lightbody into your human ATMA...

With your first breath from Lightbody

Expand the grounded one's Merkaba beyond your physical heart and around your physical body ...

With your second breath from Lightbody

Expand your grounded one's Merkaba above your physical head...

With your third breath from Lightbody

Expand your grounded one's Merkaba beneath your physical feet...

Now, instead of the Merkaba being within your grounded self,  
Your grounded self is within your Merkaba...



Although the Merkaba will be invisible to many on the physical plane, your awakening grounded one's expanded perceptions can easily experience the body of light as it guides and protects you in your daily life.

Dear one in the Crystal Temple, please remember to be patient with your human self for in that reality you face great challenges. Lovingly tell your grounded self to forget what others say about what to *do* or who to *be*. Lovingly remind your human self to fully attend to YOU in the fifth dimension.

In closing, we the Arcturians would like to speak directly to your grounded earth vessels. Dear grounded one, we commend you for your immense courage during this time of vast personal and planetary transformation. Please, take a moment now to activate your Lightbody from the perspective of your physical self.

## **PHYSICAL SELF ACTIVATES LIGHTBODY FROM THE THIRD DIMENSIONAL PERSPECTIVE**

Take long, slow, deep breaths to search your consciousness for any resentment you have against any person, place or situation...

Breathe into that resentment to transmute it into compassion and thanksgiving for the lesson learned...

With old resentments transmuted into compassion and gratitude  
Breathe into your inner ATMA, which has now become multidimensional...

KNOW your Infinite WISDOM and  
Breathe it out into your daily reality...

BE your Creative POWER and  
Breathe it out into your daily reality...

FEEL your Unconditional LOVE and  
Breathe it out into your daily reality...

## **PHYSICAL SELF EXPANDS MERKABA FROM THE THIRD DIMENSIONAL PERSPECTIVE**

Inside your blazing ATMA, see your inner Merkaba, the seed of your Lightbody.

With the power of your intention,

Expand your Merkaba above your head...  
Expand your Merkaba below your feet...  
Expand your Merkaba in front, behind,  
and all around you...

FEEL your Merkaba, your awakening Lightbody above, below and around you as you walk through your daily life...

With the activation of your Merkaba, the seed of your Lightbody, you will likely experience some symptoms of transformation such as a feeling of increased heat within and radiating from your body. This is due to the rising frequency of your physical resonance. You may, also, have extremely vivid dreams of a different reality that you can't quite

remember. You could become easily fatigued by the mandatory actions of mundane life, and prefer to look up into the sky, or into a beautiful flower, be in nature, sing, dance and/or express your growing creativity.

The best remedy for these symptoms is to fully accept the multidimensional light sent from your Lightbody SELF and shine it into your every emotion, thought and action. Wear your inner Wisdom, Power and Love as a new set of clothes and proudly emanate the glory of your expanding Lightbody. Stand tall in the knowing of your true SELF. Place any "unsolved problems" into our Corridor to free them of fear. They will then be returned to you as issues, which you BELIEVE you can resolve.

We want to thank you for joining us in our "dress rehearsal for 2012," and remind you that you are PERFECT, right NOW, exactly the way you are. Every fear, sorrow, anger and joy that you have felt has made you who you are today. Unconditionally love all that you are now and all that you have been. It is the power of this unconditional acceptance of who you are NOW that will allow you to change.

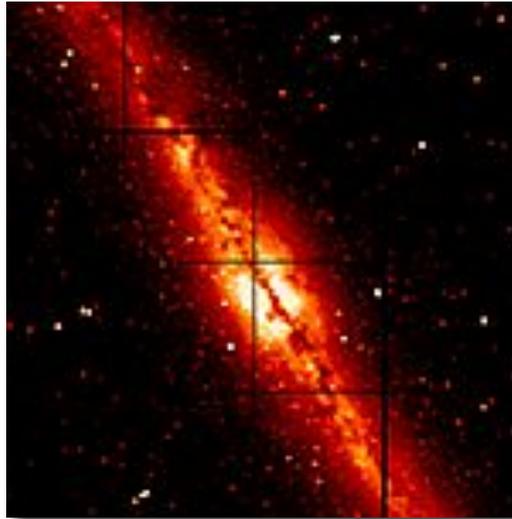
We await you in the Corridor,  
The Arcturians

(PS: Please take one or more Earth days to integrate your process into both your personal and planetary bodies. In this manner, you share your experiences with Gaia, to assist in planetary ascension, and allow Gaia to amplify your process with Her great love and compassion.)

## **STEP SEVEN**

### **INSIDE THE CRYSTAL TEMPLE**

#### *THE GALACTIC CENTER*



Dear One,

Welcome back to our Arcturian Corridor. How are you enjoying your Lightbody? Your Lightbody in the Corridor has already increased in size and luminance, and we can see the glow of your Lightbody emanating from your grounded self, as well. We, the Arcturians, wish to assist you in keeping your consciousness calibrated to unconditional love, so that you can accelerate your transmutation into Lightbody.

Long, long ago we went through the transition that you now face on Earth. Hence, we have great compassion for you who are aware of the enormous importance of this time of transition but often find it difficult to share your knowledge with others. On the other hand, this knowing seems to fester if you hold it too tightly inside of you.

Your awareness of personal and planetary ascension wants to soar the skies as you shout it from the rooftops. However, that day of complete openness has not yet come to your reality. Rest assured, though, some day soon everyone will seek your knowledge so that they, too, can find their direction through the chaos of great transformation. Change can be confusing at first, but once you set your course, you can follow it with your heart's inner compass.

Take a moment now to calibrate that inner compass to the frequency of unconditional love. To do so, feel the unconditional love of our Arcturian essence beaming into your fifth dimensional Lightbody, as well as down into your grounded earth vessel. Please, accept this love and allow your human heart to absorb and integrate it. Feel the frequency of unconditional love as it slowly and steadily moves into your every cell, atom and even the DNA of your earth vessel.

Relax into this FEEL and KNOW that love without condition is a universal resonance that heals and unites all life!! Dear ones, it is this feeling of unconditional love that will direct your consciousness, attention and intention through the confusion and chaos that occurs just before a major transition. Maintaining this frequency of consciousness will also bring you great comfort when you are exhausted from staving off the fear that is so pervasive in your time/space. Hence, when fear threatens to lower your consciousness, remember to surrender to the resonance of unconditional love.

#### SURRENDERING TO UNCONDITIONAL LOVE

Feel the unconditional love that we, the Arcturians, send into your heart...

Take a long moment to relax into this feeling...

When you are ready, breathe OUT that love into your atmosphere...

See the beauty of the unconditional love as it travels on your breath to transmute fear and conflict into love and peace...

Observe how peace dances with the love...

Hear the melodious tones as they dance through the atmosphere...

Listen to this tune with your heart and give it your voice with your next exhale...

FEEL how the tones of peace and love resonate in your heart when you express them with the power of your voice...

Open your Throat Chakra further to amplify your tonal gift of unconditional love and planetary peace...

And now, we have a message from dear Gaia, so that you may better understand the wondrous gift that is soon to be yours upon your long-awaited reunion with the Galactic Center.

### GAIA SPEAKS



Dear Earthlings,

It is so grand to travel with you through the Arcturian Corridor. I see you in your Lightbody and complement you on sending this image to your grounded one. Do you see how I, too, am changing my form and sending the consciousness of this form into my physical planet? Just as you are returning to your Lightbody, I am returning to my Star-body.

I say "returning," for all the beings, elements and fourth dimensional Elementals of my planet once sent copies of their great Multidimensional SELF into the grand adventure of "Life in the Lower Dimensions." I am here to tell you that our great adventure is about to culminate into another, even more magnificent, venture.

I am sure that most of you here are familiar with the Mayan Calendar, which speaks of the end of time. However, there will be no ending. In fact, we will actually be returning. We are returning Home to our Galactic Center, the point from which we first entered our long sojourn into the realities of time and space of the lower dimensions. All that will be ending is a cycle. As a matter of fact, more than one cycle will be culminating into the fruition of a new phase.

The Mayan Calendar maps 2012 as the closing date of a 26,000-year cycle. 26,000 years is the amount of time it takes for the Precession of the Equinox. The second cycle ending in 2012 is the completion of the Galactic Year,

which is the 225 million Earth years that it takes for the Milky Way Galaxy to make one complete rotation around the Great Central Sun of our Universe. There is also the closing of a 75,000-year Galactic Cycle and a 26-million Earth cycle.

All of these cycles will culminate upon our return to the Galactic Center. Furthermore, all the planets of our Solar System will be aligned as our Solar System and our entire Galaxy returns to our "start-point," our point of conception where we were first breathed into life by the great Cosmic Breath of multidimensional, living, intelligent and creative torsion waves.

### TORSION WAVES

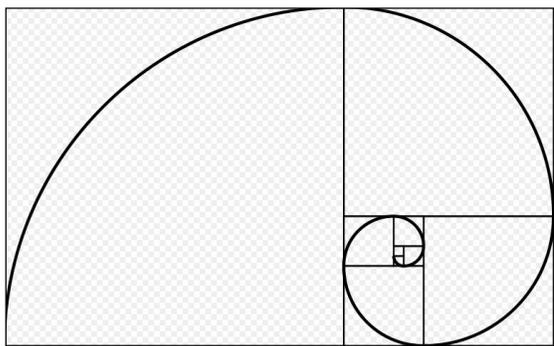
Torsion waves are the energy of the universal creative consciousness, which can be envisioned as a light lattice connecting Earth via our Sun to the Galactic Center. When we focus the conscious or unconscious "observation" of our thought, emotion and/or intention on these quantum waves of torsion energy, they become particles that gather together to create the form that reflects our every thought, emotion and/or intention.

The torsion waves of light/consciousness serve as the communication network that directs and guides human, planetary, solar, galactic and universal evolution. These multidimensional torsion waves, which are based on the phi ratio of (1.6180339), emanate from the Galactic Center and spiral through "empty" space in exponentially increasing cycles similar to:

the Golden Mean

and

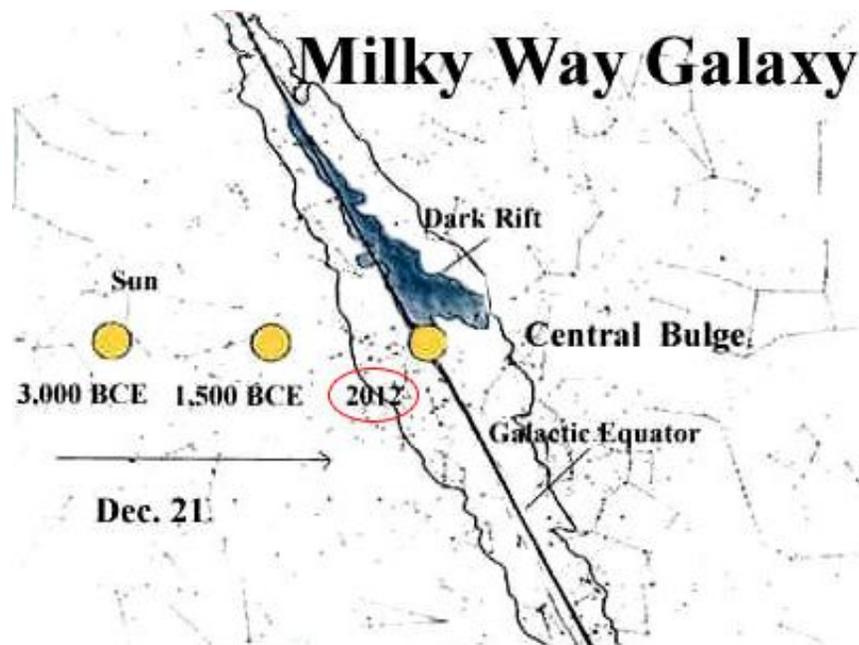
the Nautilus Shell.



Russian researchers have demonstrated that the harmonic vibration of phi, also referred to as the Golden Mean and Fibonacci sequence, influences the very fabric of space-time. Time as we experience it,

follows exponentially smaller cycles, much like a finger tracing the inward spirals of a conch shell to its center point. It is at this center point that "time" seems to disappear. Thus, the Mayans speak of "the end of time."

However, this ending is only a beginning, and our new beginning is soon. In fact, it is NOW. In the picture below you can see the progression of our Sun, and hence our Solar System, at 3,000 BC, 1,500 BC and 2012 AD as we return to the Galactic Center of our Milky Way Galaxy. In 2012, our Sun, our Solar System and our Earth, will be at the mouth of the Dark Rift, known as the Cosmic Birth Canal. The Mayans named the Dark Rift the "Dark Road" to the "Tree of Life."



2012 has long been destined to be the culmination of an old vision of reality and the beginning of a new one. However, time is relative, and there is NO time in the fifth dimension. Besides that, YOU are the creator of your own reality. Therefore, each of my citizens, human and otherwise, will decide when they are ready to raise their consciousness into our new reality.

However, I, Gaia, the consciousness of planet Earth, have chosen 2012 as the time that I will allow the Cosmic Breath of torsion waves from the Galactic Center to transmute my planet into the fifth dimensional expression of my SELF. My loyal Planetary Ascension Team has been patiently waiting for that moment to assist and join me in this new beginning.

Many of my beloved "extinct" plants and animals have gone ahead to populate New Earth. New Earth is my Multidimensional SELF. Hence, it has always existed. New Earth is also the sum/total of all the multidimensional SELVES of persons, animals, plants and components of my body who first joined me in our wonderful adventure of life in a polarized reality based on separation and limitation. The great unity of life that is the form and function of my planet has always existed because we are of Spirit and Spirit is infinite. Infinity has no ending, as well as no beginning, for there is no time in the NOW of the ONE.

Many of those who will decide to remain and continue to play the 3D Game are parallel lives, spin-offs, of the members of our Ascension Team. You all have more than one physical expression of your SELF who is incarnated on Earth at this time to enhance your chances of awakening. From your vantage point in the fifth dimension, you will be able to be the "Higher Self" to the other elements of your total SELF until they are ready to join you in the fifth dimension.

There are many members of the Planetary Ascension Team who are not consciously aware of their commitment, or their Multidimensional SELF who made it. However, all of them sense an expansion of consciousness on planet Earth, as well as in their personal lives. In fact, all of them are gradually expanding their consciousness beyond the polarized, third dimensional concept of individual consciousness and into the fifth dimensional concepts of Planetary, Galactic and Cosmic Consciousness.

More and more of my humans are discovering that they are all intrinsically ONE with each other and with the planet. In fact, current world events have called for nations to band together for the sake of the entire planet. Perhaps my humans see these world events as problems, but I, Gaia, see them as catalysts for the fulfillment of ancient prophecy.

## MAYAN CYCLES OF CONSCIOUSNESS

Exact length according to ancient Maya	Beginning date	Initiation	Resulting state of Consciousness
13 x 20 kin = 260 days	11/2 2011	Transformation	Cosmic
13 x 360 kin = 4 680 days	5/1 1999	IT Revolution	Galactic
13 x 7 200 kin = 93 600 days	1755	Industrialism	Planetary
13 x 144 000 kin = 1 872 000 days	16/6 3115 B.C.	Writing	National
13 x 2 880 000 kin = 37 440 000 days	100 500 B.C.	Spoken Language	Cultural
13 x 57 600 000 kin = 748 800 000 days	2 048 000 B.C.	Human Beings	Tribal
13 x 1 152 000 000 kin = 14 976 000 000 days	40 998 000 B.C.	Monkeys	Family
13 x 23 040 000 000 kin = 299 520 000 000 days	819 998 000 B.C.	Complex Life	Individual
13 x 460 800 000 000 kin = 5 990 400 000 000 days	16.4 Billion B.C.	Matter	Cellular

From Carl Johan Calleman  
[http://www.calleman.com/content/pyramid\\_of\\_consciousness.htm](http://www.calleman.com/content/pyramid_of_consciousness.htm)

As can be seen in the chart of Mayan Cycles of Consciousness, much like the Golden Mean and the Conch Shell, each of these cycles is of a shorter time, until the final cycle is only 260 days. Yes, time is speeding up and will continue to accelerate until we resonate to the ever-present NOW of fifth dimension. Already, those of you who have had experiences of fifth dimensional consciousness have been at ONE with the NOW and felt unified with all life in your planet, Solar System, Galaxy and Cosmos.

## UNITY IN DAILY LIFE

Can you imagine the joy of feeling that unity in your daily life? In fact, *please* take a moment to imagine living in unity with all life. In your dreams and meditations, while you are on hold on the phone, stuck in traffic, or doing the dishes, look around at your reality and imagine how it will be—how it is NOW—to constantly live in the joy, unity and unconditional love of the fifth dimension.

Are you surprised to find that, despite all that has recently changed, what you love is relatively constant? Yes, my earthlings, you shall lose nothing and no one with whom you are bonded by love. Love is the unifying force of the Universe and YOU are the creator of your reality. Consequentially, you will continue to create and maintain what you love.

Fortunately, fifth dimensional Earth does not have the harsh boundaries of separation and the resulting fear that are a major component of third/fourth dimensional reality. Since YOU are the creator of your life, even while you maintain your third dimensional form, you can release the illusions of separation and fear and choose to focus solely on unity and unconditional love. In this manner, your consciousness will constantly calibrate and re-calibrate your attention to the fifth dimension and beyond. Remember, the reality you choose to perceive is the reality you choose to live.

Most of you are already experiencing the fifth dimensional qualities of unity and unconditional love in some areas of your life. Holding a constant feeling of thanksgiving for these fifth dimensional components of your life will maintain and expand unity and unconditional love in your daily life. As awakened ones, your on-going challenge is to remain in the fifth dimensional consciousness while still holding a third dimensional earth vessel.

Simultaneously, I ask you to release all judgment of those who are still struggling with the limitations and beliefs that they are victims and that others have power-over them. That which you judge you will experience, as judgment requires your attention. Remember, when you resonate to the fifth dimension everything to which you give your attention instantly manifests.

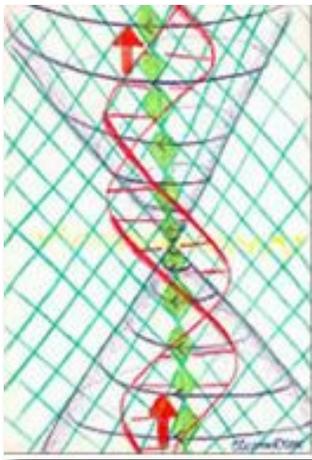
We, people and planet, have had a long run of the "3D play." In fact, there were many other third and fourth dimensional realities about which your scientific world is still unaware. However, the past is no longer your concern, nor is the future. Instead, in preparation for your new experience of life in the fifth dimension, practice being in the NOW. Will third dimensional earth still be here? Are the rocks still there when you look into the sky? Of course they are.

Expanding your consciousness into the fifth dimension does not mean that you will lose anything or anyone. Instead, fifth dimensional consciousness will allow you to more easily perceive, experience and travel into even higher dimensions while, simultaneously, remaining in

constant connection with the physical plane. As you expand your consciousness into the fifth dimension and beyond, you will be able to perceive more and more realities within in the NOW of the ONE. Hence, you will be able to simultaneously perceive your fifth, fourth and third dimensional reality. Each of you will choose the manner in which you manifest your fifth dimensional Earth, for YOU are the creator of your reality.

### ENTERING THE BIRTH CANAL

Now, allow me to tell you how we are entering the birth canal and what will happen when we are cradled in the Cosmic Birth Canal. For one thing, we will be bathed in the infinitely wise, creatively powerful



and unconditionally loving energy of the torsion waves. These waves travel in exponentially increasing spirals of unconditional love, to accelerate the frequency of your consciousness and, thus, your creative abilities. Hence, these out-breaths of torsion waves will manifest your every thought, feeling and intention in an ever increasing rate until it reaches the instant manifestation of the fifth dimension.

With this great power of manifestation comes added responsibility. In preparation for this event, practice taking full responsibility for every portion of the reality that *you* have created. Downloading and fully integrating your Multidimensional SELF into your grounded, earth vessel will allow you to expand your consciousness to Cosmic Consciousness. Being able to expand your awareness to embrace Cosmic Consciousness will afford you the greatest opportunity to tolerate, integrate and unite with the extreme power and high frequency light of the Cosmic Breath.

I cannot tell you what you will manifest, for you are the creator of your reality. I can, however, tell you that the torsion waves will carry your Lightbody through an inter-dimensional journey to allow you an expansion of consciousness beyond your wildest imagination. Since your state of consciousness directs your expectation, your expectation directs your perceptions, and your perceptions create your reality, you will be able to experience and/or live in the reality of your choice.

## CHANGES IN THE SOLAR SYSTEM

Even though I can't tell you what you will create, I can tell you what the planets of our Solar System have created. Since the Harmonic Convergence of 1987, our Sun has been absorbing more and more torsion waves from the Galactic Center. Because of this, there is unprecedented increase in solar activity. NASA used to have a scientific model of how long it would take for the Sun's charged, radioactive particles, such as energetic protons, to travel to Earth. Now, in some cases these protons are traveling up to 400 percent faster than their model expected. Furthermore, the Moon, Mars, Venus, Jupiter, Neptune and Uranus have shown vast changes in their energy fields, luminosity and atmosphere.

My planet Earth has also experienced extreme changes both in weather and in my Schumann Resonance. The Schumann Resonance is Earth's base frequency, or heartbeat. Though it varies among geographical regions, for decades the overall measurement has been 7.8 cycles per second (Hz.). Recent reports set the rate at over 11 Hz, and climbing. Some believe that the changing Schumann Resonance is a factor in my severe storms. On the other hand, some believe Global Warming creates the storms, but few are aware that these storms are also caused by the changes in the emanations from our Sun.

I wish to tell you now that these storms are also a result of our moving closer and closer to the Galactic Center. As people and planet move closer to the Galactic Center, the influence of the creative energy of the torsion waves amplifies humanity's every thought and emotion. Unfortunately, due to the many changes in our reality, many of my humans have fallen into fear. This fear creates a stormy consciousness that, in turn, creates storms on my planet.

All living things are tied to my electromagnetic field and to the life force received from our Sun. My magnetic field permeates and contributes to life on Earth by generating the atmosphere. Humans and animals also have a magnetic frequency and bio-field patterns, which react to any change in my Earth's magnetic field. Conversely, my Earth reacts to and is influenced by the frequency and patterns of humans and animals. In fact, all life on Earth assists in creating my magnetic field. At the same time, my planet's electromagnetic field charges and influences all life.

You see, all the way down into the DNA of individual cells, every person, place and thing is a component of my Being known as Earth

and my consciousness known as Gaia. The Sun's shifting energies affects your brain and biological rhythms, just as it influences my weather. There are several ways in which you can use your intention to consciously share your magnetic field with my planet.

#### MERGING WITH GAIA



There is a spot on your sole, near the center of your foot that is extremely receptive to my Earth's field. Hence, just by walking on my land you can consciously merge your magnetic field with mine. If you lie down on the ground, you can allow your entire body to consciously merge with my magnetic field. It is through this conscious merging with my planet that you can share your ever-rising frequency with me, as I share mine with you.

You can also merge, person with planet, through the two glands of your brain. The pituitary gland, known as the Master Gland, as it is the Control Tower for all your hormonal actions, is located between your eyes and in the middle of your forehead. This gland holds your innate ability to know true north and to merge your higher vision of New Earth with mine.

The other gland is the pineal gland, which is located further back in the center of your brain. Your pineal gland is intended to receive the daily patterns of day and night and the rise and fall in the strength of the Earth's geomagnetic field. These two glands work in unison, not only to open your Third Eye but also to merge your personal consciousness with my planetary consciousness.

My Schumann Resonance is rising to 13 Hz, and so is yours. The resonance of 13 Hz. is called Zero Point, the frequency of unconditional love and of the torsion waves. It is at this Zero Point resonance that the polarities of the third dimension will merge into the center-point of Unity with the NOW of the ONE.

If we, people and planet, can resonate at the same frequency as the torsion waves from the Galactic Center, we can maximize our power to create a New Earth based on unity, peace and unconditional love. Will you create a visit to the fifth dimension or a flash into Lightbody and fifth dimensional Earth? The choice is yours. YOU are the creator!

### SOCIAL CHANGES

Besides the great planetary changes, there have been huge social changes. More and more humans can hear their inner voice over the speeches of those who live within the old paradigm of separation and power-over others. This inner voice is their Multidimensional SELF who whispers, "You *do* deserve to live a happy, fulfilling life. You *do* deserve to BE the highest expression of your SELF and create a life filled with peace and love." Hence, those who have toiled hard and suffered long under the old paradigm are uniting with others to create a reality based on the paradigm of unity and creativity.

You, the members of humanity, are beginning to awaken to the truth, which is peeking through the curtains of illusion. You know that you are the brothers and sisters of all humanity. You do not wish to wage war or work your lives away. Via your Internet you are instantly communicating with your fellow humans all over the world. Everything that happens anywhere on the planet is immediately revealed to everyone. The deception that has hidden in "separate people" and "distant countries" is now easily revealed for all to see.

Furthermore, your problems are no longer unique or separate, as you know that everyone suffers from the same global issues. The enemy has a face now, and it looks just like yours. Therefore, all over the globe people are banning together and working as the collective consciousness of planet Earth to find solutions for that which was once unsolvable. There is great power in this unity. In fact, as more humans are mastering their fourth dimensional awareness, this unity with all life is expanding to encompass my fourth dimensional Elementals of earth/Gnomes, air/Sylphs, fire/Salamanders and water/Undines.

### PLACE IT IN THE CORRIDOR

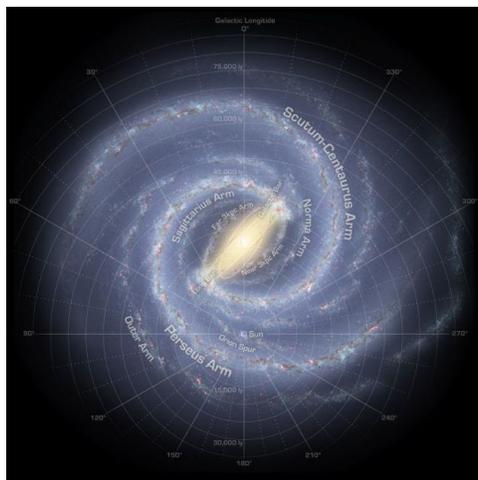
Dear Earthlings, I wish to tell you that I am VERY proud of you. I, Gaia, suggest that you place any unresolved issues, both individual and collective, into the Corridor. In this manner, you can better accept and release that which you cannot change. It is important that you continue with your transformation unfettered by the past. You can no

longer burden your consciousness with any person, place, situation or thing that lowers your resonance below that of unconditional love.

I, Gaia, need the members of the Planetary Ascension Team to assist me in keeping our planetary resonance centered in the Flow of unconditional love. Within in the Flow, we can more easily integrate the torsion waves from the Galactic Center to amplify our planetary creative force. We can then channel that immense creative power out into the collective to contribute to the creation of reality based on unity and love.

Please, release all dramas and burdens of your third dimensional life without anger or judgment. Realize that once you, too, were a child and acted as a child. Now, my beloveds, you are coming into the maturity of your true, Multidimensional SELF who can simultaneously perceive and experience the third, fourth and fifth dimensions. With the awakening of this innate ability, you are to be the leaders who will guide all creatures of my planet into the consciousness and reality of fifth dimensional Earth.

Bravely continue with your daily life knowing that you are on the cusp of a great transformation, while you continue to enjoy the comfort of what which is familiar. Stay in the center of your SELF, in the center of the Corridor, in the center of your ever-expanding consciousness and in the center of unconditional love. It is within this center that we, people, planet, Solar System and Galaxy shall ride the torsion current from the Galactic Center Home to our new reality.



We, people and planet, solar system and galaxy  
Have waited patiently for this cosmic moment

Well, maybe not patiently.  
 Sometimes we waited happily,  
 Sometimes violently,  
 And, sometimes, we waited reverently

But—we waited, as we had no choice

This moment, which we have heard of for millennia,  
 Has always been in the future  
 It was written in stone  
 And in ancient texts  
 That someday, it would come

NOW, that moment is HERE!

At the time of the Great Cosmic Breath,  
 We will stand again before a vortex,  
 Much as we stood before the Arcturian Corridor

However, the vortex of the Galactic Center  
 Is so large that it dwarfs us to the size of an idea

Eons ago, we had an idea  
 That we could create a planet where  
 We could learn, and love and grow

But, now, in this cosmic moment,  
 We have come here to remember

The fear and chaos that preceded this moment  
 Has allowed us to release our attachments  
 To the myriad illusions of our third dimensional life

For lifetimes we believed that only the physical was real  
 And that everything else was our imagination

Maybe, there was a far away Heaven  
 If we were good

And a far too close Hell  
 If we were bad

These good and bad polarities surrounded our real, physical plane

And gave us something to work for  
And something to avoid

But now, we remember that  
Everything that we have known  
In our heart and soul has been true  
And it is coming to pass in this moment

What we were told was real  
Is actually an illusion

And what we were told was our imagination  
Is real

Since this secret has been revealed  
Kingdoms have fallen  
And paradigms have changed

Yet, even that, pales at the vision of this Cosmic Event  
which we have rehearsed for  
Life after life

NOW, the rehearsal is over  
The moment has begun

Are we ready?  
What will happen now?

As we stand at the threshold of the Galactic Center,

What will we create with all this Power?

Beloved Earthlings,

Please stay in the NOW of this moment, for it is truly the portal  
to eternity.

Gaia

(PS: Please take one or more, Earth days to integrate your process into both  
your personal and planetary bodies. In this manner, you share your  
experiences with Gaia, to assist in planetary ascension, and allow Gaia to  
amplify your process with Her great love and compassion.)

(The websites of Carl Calleman, Sol Luckman, Barry and Janae Weinhold,  
PhDs, David Wilcock, NASA and Space.com were referenced.)

## STEP EIGHT

### REMEMBERING YOUR RETURN



#### CARRYING OVER YOUR DREAMS

Dear Ones,

Since you entered our Corridor, the experiences you've had here that have been unavailable to your mundane mind will likely find their way into your dreams. Hence, we would like to teach you how to carry over your dream information into your waking life. When you sleep, you close off your physical consciousness and open up your consciousness to the true, higher dimensional reality. In other words, when you "go to sleep," you log-out of the 3D hologram and return to the reality of your SELF to have adventures and communicate with higher beings, including the higher expressions of your self.

The trick is to remember the messages you have received while in your night-body so that you can translate them to your grounded self. Your night-body is much like, and in some cases actually is, your Lightbody. Your night-body, also known as your astral body, is your consciousness wrapped into a mutable form. However, since your astral body is fourth dimensional, it only carries you into the fourth dimension. On the other hand, when your dream adventures carry you into the fifth dimension and beyond, your consciousness will be wrapped in your Lightbody.

You may not remember the feeling of being Lightbody while in the fifth dimension and beyond, for you will usually be "wearing" the form of a

person in your dream. This person could be the same as your mundane self, or from a different time, a child, or even the opposite gender from your grounded self. While your consciousness is free of the illusions and dramas of your physical world, it can experience a reality without those limitations. Some dreams are small "videos" of parts of your daily life, which you need to see differently so that you can better understand them. These dreams occur often while your consciousness is in the mid-fourth dimension.

Sometimes you will do what is called "rescue work" in the lower fourth dimension. When you are doing rescue work, you are actually assisting a person, or persons, whose consciousness has become trapped in the lower astral plane. These dreams are often very ornate and run like spy novels or sometimes frightening movies. You can dismiss these dreams with a pat on your back for being of service to your fellow members of Earth.

On the other hand, especially while you are in the Corridor, you will have many dreams in the mid-to-higher fourth dimension, as well as in the fifth dimension and beyond. These are the dreams that you will want to carry over into your mundane consciousness. First, your right brain will carry them over as pictures. Then, you will need to translate these dream pictures into the language areas of your left-brain so that you can remember them. Your earthly educational system has trained you to remember primarily in your left-brain language system and images in your right brain can easily slip into your unconscious.

To carry over a dream into your waking life you will need to WAKE UP to the fact that you are dreaming, while you are still in the dream. Then you can grab any section of the dream and hold the strong intention of remembering it as you wake up. You must then quickly write it down, or you will likely lose it. The higher the dimension from which you receive your message, the easier it is to forget while you sleep. This forgetting is because there are more levels of consciousness through which you must carry your dream back into your waking life.

Since you have been in the Corridor, your dream life may have been more vivid and of higher and higher dimensions. Because you are aware of higher dimensions while you are awake, you can more easily open the portals into the higher dimensions while you sleep. When you carry a message from the higher dimensions into your mundane life, you can more easily integrate it into your physical reality. You can also

share your message with others. In fact, our channel has received this message in a dream.

Just as you have zip-files, which are large files that are compressed into a small package, one small fragment of a dream acts as a zip-file that can be opened to reveal the message of the entire dream. The portion of the dream upon which you placed your intention, which in this case was someone's name, is the name of the zip-file. When you awaken with the name of the zip-file in your mind, immediately write it down. Then you can open the file by writing in a "stream of consciousness" manner to retrieve the file's information embedded in that small fragment of the dream.

The dream that you wish to carry over may not seem too important. What is important is that you are becoming conscious of your core SELF while you travel inter-dimensionally in your sleep. This constant awareness of SELF is the same mechanism you will use to be aware of your Multidimensional SELF while enmeshed in a third dimensional illusion. If you can find your SELF in your dreams, you can remain your SELF during the many illusions and dramas of your holographic third-dimensional life.

Once you can recognize when you are not being true to your SELF in daily life, you can consistently remember to BE the greater SELF who once logged into the 3D Game. Your greater SELF is the YOU who is the creator of your 3D Game. Furthermore, because you remember that YOU are the creator of your life, you KNOW that you do *not* need to play any parts or enter into any unwanted challenges. On the other hand, if you are embroiled in an uncomfortable challenge, you can relax into it to find the reason why you have created it.

We understand that this realization is not easy. You have been trapped in the land of polarities and illusions for myriad lifetimes. Yes, you have returned HOME to the higher dimensions in-between your incarnations, but you have forgotten your SELF with each new lifetime. The time for that forgetting is over. When you can WAKE UP in your dreams, while remaining in the dream, you are practicing WAKING UP from the illusion of confining your consciousness to a third dimensional clay vessel.

One of our primary intentions for bringing you into our Corridor is to assist you in remembering that your SELF is comprised of many smaller selves. You are much like the wooden dolls that open up to contain smaller and smaller dolls, all stacked within each other. All of

these wooden dolls are individual, yet part of the largest doll. In the same fashion, all the dimensional realities in which your consciousness is currently holding a form, is part of the larger whole of your Multidimensional SELF.

Take a moment now to stretch your imagination to encompass the myriad versions of your grand essence experiencing myriad different realities—all within the same moment of the NOW. To your third and fourth dimensional selves, each life is the only life you have. On the other hand, your Multidimensional SELF can easily experience all of these realities without losing connection to its core SELF.

Hence, when you learn to carry over your dream life into your physical reality, you practice BEING your Multidimensional SELF. As you expand your consciousness to BE your SELF, you begin to live in the Collective Consciousness and see your SELF in all of humanity. It is an easy step to Planetary Consciousness in which you can find your essence in every portion of Earth, from a rock-to-a-mountain or an insect-to-an-eagle.

Once your sense of SELF encompasses being a planet, you can take the next step—finding your essence in every portion of the Galaxy and embracing your Galactic Consciousness. Then, if you can identify your SELF as a galaxy, you can find your SELF-identity within the Cosmic Consciousness, which we Arcturians and many of your other guides enjoy.

We Arcturians have deep roots in Gaia and have been your guardians from the very beginning. In fact, many of us have taken form upon your beautiful planet. Some of us have returned, and some of us are still there waiting to join in the great planetary ascension. For this reason, our consciousness has joyfully entered into your dreams to assist you waking up to your SELF!



### A DROP OF INFINITY

Consciousness, like a stream of pure water comes into you, fills you and flows out from you. As long as what comes in is pure, your thoughts, emotions and intentions are pure; and that which flows from you remains pure.

However, if tainted water enters your stream or hides inside of you, it taints the water that flows out from you and precedes your every experience.

Your stream of consciousness is your only eternal treasure. Therefore, it needs to be owned, protected and cleaned. Your consciousness is the one possession that will assuredly go with you as you navigate through the myriad changes and expressions of your reality.

In fact, your consciousness is actually that which creates the changes and experiences in your life.

Only you can protect your consciousness. Only you can guard it against the invasion of the unwanted as you travel through reality and interact with the millions of other streams. You, as well as many other streams, have chosen to follow the Flow back to the great Ocean of Unity from whence you came.

Upon your return, what do you wish to contribute to this Ocean?  
How will the Ocean of Unity change when your stream flows into it?

Is your stream clean, or has it been muddied by your outer and inner environment? If your stream creates your reality, how can something outside of you muddy your inner life?

YOU are the one who chooses what enters your consciousness. YOU are the one who must walk the tightrope between denial and choosing to perceive only unconditional love.

Once you know that you will carry that which you allow into your perceptions, you will become more vigilant as to where you allow your attention to rest.

Also, once you realize that the stream flowing from you goes ahead to create the reality you have allowed into your consciousness, your vigilance of perceptions will become more and more defined.

The reality you choose to perceive is the reality you choose to live. The choice is yours.

As long as your inner stream is as clear as a finely cut diamond, you can perceive other diamonds within the other streams heading toward their destinations.

Once you are clear enough to see the Flow that unites you with the "other" diamonds, these outer diamonds become inner diamonds.

Within the Flow, inner and outer realities become ONE.  
All the many streams of consciousness become ONE.  
And, the past and future is NOW.

All extremes, measures and polarities blur into the ONE of the NOW that is infinity HERE. HERE and NOW you are the stream of consciousness that unites you with the Ocean of Spiritual Unity.

You have arrived at the Ocean to which you have been flowing. Long ago, when there was time, you were a small individual spring. Now, YOU are the ocean.

However, because you have chosen to take the long journey from infinity to individuality and back again, you return as an individual Drop of Infinity in the Cosmic Ocean of Unity.



## CLEANING YOUR CONSCIOUSNESS

As the FLOW guides you to the Galactic Center, every thought feeling and intention will be instantly manifest. Because of this, it is vital that you are the Master of your thoughts and emotions. Being a Master does not mean that you are never subject to negativity. Instead, Mastery means that when negativity threatens to invade your consciousness you are able to instantly feel the slightest drop in your resonance.

Then, just as a neat person takes the moment of the NOW to clear the dishes or put up the paper, as a Master you will clear negativity the instant that it impinges on your consciousness. What is the tool that cleans your consciousness? It is not a broom or sponge. No, it is unconditional love. As a Master, you choose to inhale deeply to breathe IN unconditional love and flush it through your consciousness the moment that your resonance lowers.

We Arcturians understand that while you are engaged in mundane responsibilities, you may be unable to immediately attend to your consciousness. In this case, you can remember to breathe IN unconditional love and breathe OUT peace and calm until you can go inside for a major cleaning.

For your major cleaning:

- Raise the resonance of the room by candles, music and incense...
- You may wish to read something spiritually comforting, taking breaks to close your eyes to integrate the message of love...
- When you are ready, put down your reading...
- The best way to raise your resonance and go into a meditative trance is with your breath...

Close your eyes to go deep inside...

Breathe IN unconditional love...

Breathe OUT peace and calm...

Once you have aligned your consciousness with the higher resonance of your SELF:

- Sweep through your mind, emotions and body...
- Identify any negativity, fear or anger...

Breathe IN unconditional love...

Breathe OUT this love towards the source of the negativity...

You will know that your consciousness is clear when you feel full of unconditional love and totally present within the omnipresent now. At this time, your attention will be detached from your earth vessel and focused on your Lightbody. Therefore, you will likely feel lighter and tingly all over.

Feel your Lightbody, over, under around and through you...

Imagine yourself as the physical core of your immense spiritual Lightbody...

Just as your earth vessel surrounds your bones, feel how your Lightbody surrounds your denser earth vessel...

Allow your Lightbody into the DNA of every cell of your earth vessel...

Feel how your Lightbody expands to become larger and larger until...

You are ONE with every Lightbody on Earth...

In the Solar System...

In the Galaxy...

In the Universe...

LISTEN to the thoughts of your Lightbody...

FEEL the emotions of your Lightbody...

RESONATE to the intentions of your Lightbody...

DETACH your consciousness from your earth vessel...

TRANSFER your consciousness to your Lightbody...

## TRANSFERRING CONSCIOUSNESS

As you learn, more and more, to keep your consciousness clean, you can begin to place that action on autopilot. By this term it is meant

that, just as your breathing and circulation is automatic, so is the constant cleaning of your consciousness. A state of multidimensional consciousness will allow you to automatically clear toxins from your consciousness while you prepare for and complete your personal and planetary ascension. You will know when your consciousness has narrowed its range to only the third dimension by the diminishment of your sense of unconditional love, peace and calm.

At this point, you will automatically take a moment to re-calibrate your consciousness by going into a meditative state to regain your connection to your SELF. As long as you stay connected to your Multidimensional SELF, your automatic, low frequency filter will be in place. By a low frequency filter, we mean that the low frequencies will be perceived, if you desire, but you will not react or respond to them.

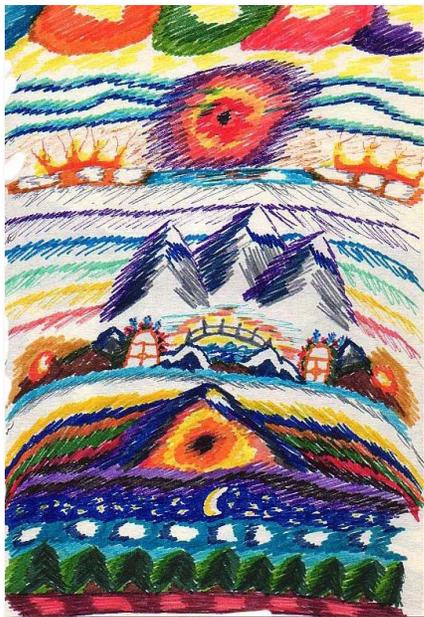
The dramas and illusions of the third dimension will then appear to you as a motion picture. Eventually, when you are ready, you will no longer need to perceive the lower frequencies except to offer help and healing, as your primary consciousness will be transferred from your earth vessel to your Lightbody.

Remember, your Lightbody is, and has always been, around you, but you can only perceive it with your fifth dimensional consciousness. Once you have fully expanded your consciousness to the fifth dimension, you can easily perceive your Lightbody, but you may need to close your eyes to not be distracted by your third dimensional perceptions. With fifth dimensional consciousness you will feel the frequency of your form raising, as your Lightbody expands to integrate into more and more of your physical reality.

As your Lightbody expands into greater portions of your reality, it becomes your Merkaba, your space/time ship for inter-dimensional travel. At first, you will transfer your individual consciousness into your individual Merkaba. Then, you can unite your personal Merkaba with Gaia's planetary Merkaba to expand your Individual Consciousness to embrace Planetary Consciousness.

You may then choose to unite your planetary Merkaba with the Milky Way's galactic Merkaba to expand your consciousness to Galactic Consciousness. Once you feel the great UNITY of Galactic Consciousness, you may choose to unite your galactic Merkaba with the Universe's cosmic Merkaba to experience Cosmic Consciousness.

In this manner, Gaia and her inhabitants, many of who are not human, will be able to take ultimate advantage of the creative power of the torsion waves coming from the Galactic Womb.



THE REALITY YOU CHOOSE TO PERCEIVE  
IS THE REALITY YOU CHOOSE TO LIVE

From your perspective here within the Crystal Temple at the threshold of the fifth dimension, you can view your parallel, Earth-bound reality through the multidimensional perceptions of your activated Lightbody.

Hence, as you look down into the physical incarnation in which you were led to our Corridor, you can see the areas of your life that resonate to the third, fourth or fifth dimension.

While in our multidimensional Corridor, take a long moment to observe your grounded life to find the elements of your reality that resonate to each of these dimensions...

Certain areas of your life may still be filled with strife, drama or, at the least, boring duties. These areas are still very third dimensional.

Take a moment to observe these areas of your life...

How do you feel when you attend to these areas of your life...

Other areas of your life are filled with fun, creativity and laughter. These areas are largely fourth dimensional.

Take a moment to observe these areas of your life...

How do you feel when you attend to these areas of your life...

Finally, there are certain activities, persons, places or even things that make you feel much as you do when you are in Corridor and its Crystal Temple. These are areas of your life that you have filled with unconditional love. Hence, they hold a fifth dimensional resonance.

Take a moment to observe these areas of your life...

How do you feel when you attend to these areas of your life...

Yes, it does feel unified, peaceful and unconditionally loving. By choosing to place more of your perceptions on these parts of your life, you will most seamlessly make the shift into the fifth dimension. This

will happen because *the reality you choose to perceive is the reality you choose to live.*

When you choose to primarily attend to the fifth dimensional areas of your life, you will naturally, and without effort, calibrate your consciousness to the fifth dimension. Then, naturally, and without effort, you will automatically choose to live in this fifth dimensional reality.

This fifth dimensional calibration of your perceptions will become easier and easier as you completely surrender to your Multi-dimensional SELF and your innate Lightbody. The elements, ideas, stories and thoughts that ignite your old outdated reactions of fear will more and more swiftly be released from your attention. In this manner, your expectation, observation and creation will be focused on the fifth dimension.

You see, all frequencies of your reality are within the NOW. You can choose to visit any third, fourth or fifth dimensional version of your life by merely casting your attention in that direction. In fact, this is how the YOU that is your Multidimensional SELF, Angel, Elohim, Ascended Master and higher dimensional Off-worlder (ETs) choose to perceive your third dimensional grounded self. Yes, YOU have many realities in which you are a higher dimensional being. You will begin to re-connect with these realities as your ascension progresses.

From the third dimensional reality in which you are awakened, you can call upon these beings of the higher dimensional aspects of your SELF simply by calibrating your consciousness to that dimension and placing your attention in that direction. You can also meet and interact with beings who are new to your acquaintance by putting out the call for communication and calibrating your consciousness to the fifth dimension and above.

#### A TRANSITION FILLED WITH UNCONDITIONAL LOVE

As you proceed into the fifth dimension, you will maintain all the fifth dimensional aspects of your current reality. Hence, there will be no loss, for you shall take with you that which you unconditionally love. No, you will not take your third dimensional house, for it is a thing. On the other hand, if this "thing" is filled with the unconditional love of the ONE it has become a fifth dimensional thing.

Actually, the third dimensional hologram of your house will not come with you. However, any holographic image of the resonance of the fifth dimension and beyond will easily make the transition with you. In this manner, you shall ascend surrounded by all that you unconditionally love. Do not mourn that which cannot make the transformation with you. Likely that area of your life is filled with illusions and hidden fears that will only serve as an anchor rather than a source of comfort. Only that which you have animated with peace, joy and unconditional love will be able to be replicated in your fifth dimensional hologram.

Anything that carries a resonance lower than the fifth dimension will become an earth-bound attachment which can diminish your ability to move into the higher worlds. Hence, starting now, practice releasing that which you do not love unconditionally. For example, if a neighbor is causing you anger or thoughts that lower your resonance, release that neighbor from your perceptual field. At least, release all emotional attachment you may have towards that person.

No, you do not need to love all life unconditionally for much of the third dimensional reality has been polarized into good/evil, love/fear. The love that is the polarity of fear or evil is a third dimensional, conditional love, as the fifth dimension has no polarity. Conditional love is one of the many physical traps that can serve to bind you to the third and fourth dimensions. These traps are areas of your reality that lower your resonance when you attend to them.

For example, attending to the many suffering people, animals and plants that you cannot help will greatly lower your resonance. Do not be concerned for the plants and animals for they shall easily make the transition. In fact, the "extinct" ones already have. But, how about the "suffering masses?" You must realize that everyone chooses his or her reality, even those who are suffering. Also, just because you perceive them as suffering, does not mean that, in fact, they are.

Perhaps, they are in the state of great anguish that will allow them to finally release their hold on negativity. They may be "hitting bottom" so that they can be spurred on to the great act of courage that will allow them to find and focus on that which brings them purpose, joy and unconditional love.

On the other hand, maybe they are great beings who have volunteered to play out the lowest extreme of polarized reality to encourage others to move beyond their limitations. Some people can learn by observing others that their life is actually better than they thought. One thing is

for certain, if it is within your life path to be of assistance to any of these persons, you shall know as your resonance raises and you fully unite with and integrate your Multidimensional SELF.

When you become your Multidimensional SELF, you will be a Master of Energy. Then, you will realize that it is not your place to judge another as suffering, for they are playing out the final acts of their third dimensional reality, just as you are. Only detached compassion can give you the unconditional love and acceptance that is necessary to find the Flow of the ONE back to your fifth dimensional Home.

### PACKING YOUR MERKABA

This detached compassion is a natural element of your Lightbody. Hence, as you see your self within your Lightbody, allow your 3D image to become insignificant so that you can surrender completely to your Lightbody. Your Lightbody can then transform into your Merkaba, your space/time ship within which you can place all that you unconditionally love.

Take a moment now to:

Look around your inter-dimensional spaceship/Merkaba...

See yourself at the helm and in total control of your destiny...

Connect with all the people you love unconditionally who will share your journey...

Furnish your Merkaba with all the wonderful places you unconditionally love, so that they can ascend with you...

Include all the things your loving consciousness has created...

Now, all of this is packed and ready to return to the fifth dimension

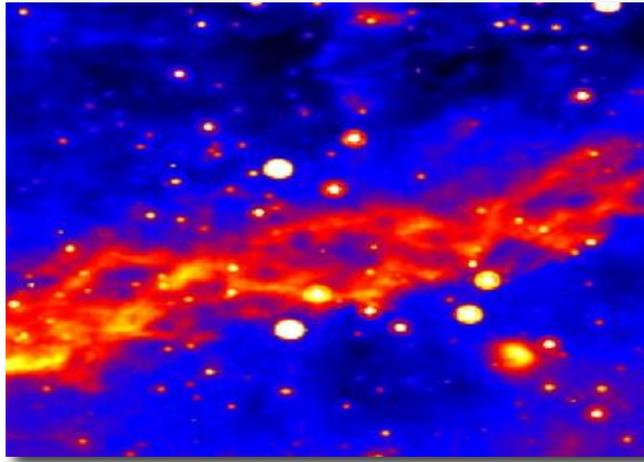


with you. You are waiting at the terminal to receive your flight instructions. Just as you bring family, friends and presents back Home to share the joy of a great vacation, when you return you can intimately share your grounded adventures with the many higher dimensional versions of your SELF.

So pack your bags with unconditional love and prepare your Merkaba for take off. The journey Home is about to commence!

## STEP NINE

### THE THRESHOLD INTO THE FIFTH DIMENSION



Dear Ones,

We the Arcturians have enjoyed our time with you in the Crystal Temple located on the threshold of the fifth dimension. We have shared your peace and joy and reveled in your acceptance of our unconditional love. Are you ready to step across this threshold and into the HERENESS and NOWNESS of the fifth dimension? We remind you that as you transition into the fifth dimension, the limitations of time and space will begin to disappear.

#### RELEASING THE PAST

When you are in the resonance of the fifth dimension, you may also find that it is increasingly difficult to hold on to the dramas, and even the dreams, of your physical reality. As your awareness moves beyond your physical reality, you graduate from the illusions of limitation and separation that have ruled you for millennia. Suffering, which was noble in the Piscean Age, will now be perceived as "falling out of the Flow."

While you are in the "Flow" of the fifth dimensional reality, the concerns of your ego will seamlessly be replaced by the fulfillment of your Soul, and your ego goals will transmute into your Soul's

contribution to Planetary Ascension. As your consciousness expands to embrace your multidimensional nature, your sense-of-self will change from that of an individual to that of a group. This Collective Consciousness will then easily expand into Planetary Consciousness, Galactic Consciousness, and even into Cosmic Consciousness.

Your consciousness, which has been in our Corridor since September of 2008 (for many it is been longer) serves as your Scout, who carves a Pathway for you into a new, exciting reality. You are no longer acting like a child who must blindly follow your leaders, even if you do not respect or trust them. In fact, you have found your inner leadership through downloading and integrating your Multidimensional SELF.

You "suffered" many symptoms of transformation as the old and new realities vied for power within your consciousness. Through this struggle, your Soul created closing acts on your stage of life so that you could clearly perceive areas of life in which you were tenaciously holding on to the third dimensional paradigm. You are presently in the process of releasing that which limits or separates you from BEING your true SELF.

By releasing the old, you are preparing to move through the exit of the Crystal Temple and across the threshold into the fifth dimensional NOW of the ONE. In the HERE and NOW, the unified intentions of people and planet are creating reality. To step into this world, we ask you to use your wondrous gift of imagination, your fifth dimensional thought, to perceive the threshold into fifth dimension upon which you firmly stand.



## THE THRESHOLD

SEE the threshold with your awakened clairvoyance as it wavers throughout your everyday life.

HEAR its sweet messages and tones of unity and promise with your expanding clairsaudience.

FEEL with your ever-present clairsentience how the world beyond this threshold feels different, lighter and calmer.

EXPERIENCE the unconditional love, joy and peace flowing towards you.

YOU are going Home, home to your true vibration!

Are you ready to cross the threshold now?

Many of you have long since crossed this threshold, (as well, as many other thresholds). We ask that you, the experienced ones, return to this fifth dimensional crossing to contribute your consciousness to the Collective. Know, dear Ones, your consciousness, as always, precedes you. However, we ask that you firmly ground this crossing into your physical earth vessel, your daily life, as well as in the planetary body of Gaia.

With the closing years of the Piscean Age, you have seen the amplification of deceit and useless wars as only the intensified, fourth dimensional emotions can present them. Furthermore, you have had to face your inner and outer demons, as you bravely walked through your personal and the planetary Dark Night of Soul. Because of your courage to confront your fears, you have found that your Soul was never dark. In fact, it is filled with unconditional love and infinite light.

It was the entrance of the love and light into your daily consciousness that flushed out the layers and layers of hidden fear and darkness. Valiantly, you clung onto the guidance of your inner SELF, to show the way through the darkness and into the Light. As more and more of you found your own inner light and shown it out onto your world, you raised the collective and planetary consciousness above the illusion of darkness in which it had become so embroiled.

In this manner, people and planet have moved beyond the Lower Astral Plane and into the higher frequencies of the fourth dimension. Within our Corridor, as well as in your daily life, you boldly moved through the many sub-planes of the fourth dimension, across the Great Void and into this Crystal Temple. You NOW stand united at the threshold Of the fifth dimension and ready to continue your journey.

Even though, you may have occasionally withdrawn your attention from the Corridor, your Soul was so happy to see you in your true form that it continued the journey without your conscious awareness. Take a moment to awaken them. You may decide to send yourself dreams to facilitate this memory, for now you are ready to leave this Temple. The Crystal Temple permeates deeply into the foundation of our Arcturian reality. In fact, there is a Crystal Temple on the threshold of every frequency of reality. These Temples serve as energetic hubs to facilitate inter-dimensional and intra-dimensional communication and travel.

Each Crystal Temple is connected to the dimension upon which it is based, as well as to all the other Crystal Temples in every dimension, solar system and planet of this Galaxy by the transmission of torsion waves. These torsion waves stream from the Black Hole in the Core of our Milky Way Galaxy transmitting the infinite creativity, divine intension and unconditional love, which interlinks all beings, places, things, dimensions and inter-dimensional travelers. To better understand what we are saying, release your third dimensional thinking. Time and space are illusions of the third/fourth dimensions. Therefore, beings, places, things, dimensions and travels can be everywhere at the same "time."

#### A MOMENT OF REFLECTION

Before you step across the threshold and into the ONE of the fifth dimension and beyond, take a long moment to look at your journey so far. Of your many third dimensional incarnations, this one is very special, for you have the opportunity to usher in a new age, create a new reality and participate in a planetary ascension. Many of you have crossed this threshold before in a loving and conscious fashion. You may wish to take this opportunity to recover any ascension memories you may have had while in any of your incarnations on any planet, galaxy or dimension. In this manner, you can incorporate those lessons into your present experience of planetary ascension.

You see, dear Ones, each and every one of you is a magnificent being of light, a multidimensional inhabitant of many simultaneous experiences of reality. When your consciousness fully embraces the fifth dimension, these alternate/parallel realities will merge with your awareness to become ONE with your consciousness. "ETs" will no longer be aliens, but fellow members of your galactic family.

But, first let us take an inventory of your experiences of enlightenment within this, your Personal and Planetary Ascension life. Because your present incarnation is during the final stages of the Kali Yuga (the last and darkest 2000 years of Gaia's progression of the equinox journey around the Milky Way), you have had many personal and planetary challenges. Therefore, let us first review the awakening of your third dimensional consciousness.

### THIRD DIMENSIONAL AWAKENING

Do you remember how, even though you could feel the higher worlds in your heart and at the edges of your mind, you still clung to your old, third dimensional beliefs in limitation and separation? You lived in a reality where "different" was viewed as "worse" or "bad." Therefore, you believed you needed to push away your inner experiences, as they made you different and alienated from your surroundings. However, eventually, your spiritual/inter-dimensional experiences became so strong that you could no longer ignore them.

Then, one-by-one or in small groups, you sought more information and understanding about these inner communications. Through your tenacious efforts, your inner instincts, feelings, ideas and communications became the spiritual guidance that has brought you here to our Corridor. Others of you spent many years trapped in the illusions of the third dimension, but have awakened slowly—or as quickly as a flash of lightening. Whether you always remembered and suffered years and/or decades of alienation, or have recently awakened, you have special memories of your Spiritual Path so far.

Take a moment to reflect on these memories. It would be helpful if you jotted them down or shared them with another seeker. As you review these memories, see them as your special victories in the Light..

### FOURTH DIMENSIONAL AWAKENING

Now take a moment to reflect on your fourth dimensional experiences. The fourth dimensional experiences of your life have been expressed through your most intimate emotions and passions, your early imagination, your creative force and your spiritual journey toward the awakening of your Multidimensional SELF. Many of your fourth dimensional experiences were highly creative, deeply loving and spiritually awakening. On the other hand, most of them were still ego bound or, at least, still attached to your ego's goals and desires.

Thank each of these enlightening experiences, for as you cross the threshold into the fifth dimension, you will forever leave your ego behind. Your ego will still serve you, but only as the Captain of the earth vessel for when you enter the third and fourth dimensions to give service. Just as you move into and out of your car or your home, once you are fifth dimensional, you will be able to move into and out of your ego's earth vessel when you journey back into the lower worlds for service to others.

Dear ones, be aware that becoming your Multidimensional SELF will NOT limit your reality in any way. As your integrated SELF awakens to the fifth dimension, you are not raising your consciousness to a different reality. Instead, you are expanding your consciousness to simultaneously experience many different realities within the NOW of the ONE. Do not be limited by third dimensional language. To move into the unknown, you will need to release your attachment to outdated operating systems, languages and communication styles.

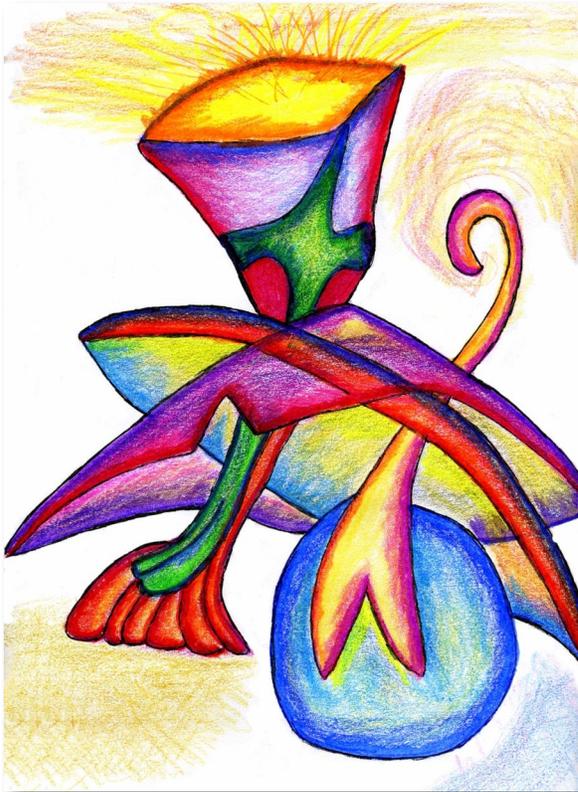
In the fifth dimension and beyond, you live by your expanded perceptions of telepathy, empathy, clairvoyance, clairaudience, psychokinetic and more. You are expanding your perceptions to include your true, multidimensional nature. Therefore, you will experience the third and fourth dimensions, as well as the first and second dimensions and quantum worlds, whenever you please. Much as you take a trip to the mountains or seashore, you will take a trip into different realities. However, without the confines of time and space, you will not "take time" to "go there." Instead, you will merely expand your consciousness to encompass other realities within the NOW of the ONE.

Take a moment now to review your fourth dimensional experiences. The fourth dimensional experiences of your daily life are your growing sense of mastery over your energy field. On the other hand, your journey through the Lower Astral Plane and into each of the higher

planes to release trapped emotions and outdated behaviors is the spiritual component of your fourth dimensional life.

Take a long moment to remember these. Jot them down or share them with a friend...

### BECOMING A MASTER OF ENERGY



Your energy field, aura, is created by the thoughts you harbor in your consciousness and the emotions you hold in your form. Mastery over the emissions of your energy field is vital because your energy field proceeds into the fifth dimension, instantly manifesting your every thought and feeling.

To be a Master of Energy means that you self-correct any negative thinking or fearful emotions by overdubbing it with un-conditional love. Are you ready to enter a reality in which your every thought and emotion is instantly manifest? Let us linger a moment at the threshold to view this reality.

As long as your consciousness is filled with joy and love, you will instantly (in the NOW, beyond time/space) create joy and love. As we have said, when you enter the fifth dimension, there is no time or space. Hence, the manifestations of your energy field are instantly manifested as reality. In the lower dimensions where there is still time and space, it takes time and work to create your reality. However, the higher your consciousness, the faster your thoughts and the quicker your manifestations.

Many of you have experienced the manifestation of thoughts and emotions that you did not know you were harboring in your energy field. These are important lessons, for they urge you to focus your intentions away from ego and fear and toward being a Master in preparation for fifth dimensional Earth. Not only will your thoughts and

feelings become instantly manifest, everyone will know everything that you are thinking and feeling. When you live in unity with all life, there is nowhere to hide your secrets—from others or from your self.

The emotions hidden in your body will tell you about any secrets that you have kept in your Unconscious. Your emotions do not speak a verbal language. They speak “body.” Fortunately, once you know the body messages within each chakra, you will be able to translate your aches, pains, illnesses and accidents into a language that you can understand.

There is basically one message that your body will give you. “In order to hold your resonance high enough to remain in the fifth dimension, you will have to release the emotions of \_\_\_\_\_, eat \_\_\_\_\_, and do \_\_\_\_\_ for your body.” Learning to tune into your earth vessel will assist you in grounding your great, multidimensional energy. You will likely need to change your diet, get more rest, meditate, exercise and alter some actions and behaviors to assist your earth vessel in integrating the higher frequencies.

We have talked in detail about monitoring your consciousness, but we would like to remind you that the greatest healing force in the Universe is unconditional love. Therefore, if you find your thinking to be negative, your emotions fearful or that you are not listening to your body, remember to love your self unconditionally. If you reprimand yourself for your “mistakes,” you will eventually stop observing yourself. It is then that your transformation into your SELF will be interrupted. To be a citizen of the fifth dimension, you will need to take full responsibility for your reality—without placing blame on others OR on your self.

If you blame your self for a mistake, you will only feel guilty, which is a very low frequency emotion that will drop you out of the fifth dimension. On the other hand, if you lovingly take responsibility for your reality and gratefully accept the lessons of each “problem,” you will gain great empowerment, which will keep your resonance high. Practice acting as your true, Multidimensional SELF in your daily life by remembering to be the Master your thoughts and emotions. When negative thoughts and fearful emotions threaten to taint your consciousness, take a moment to focus on the gratitude for the unconditional love that is infinitely at your service. In this manner, you will gain peace of mind and a consistent feeling of gratitude and unconditional love.

Your integrated Multidimensional SELF is your constant protector, who will guide you to the center-point of your consciousness where you are free of all polarities and the threat of the illusions that duality creates. What you actually need to practice constantly surrender your thoughts and emotions to your Multidimensional Soul/SELF.

While you are living in this surrender to Soul, the polarized reality of your ego/self is easily released, your consciousness expands, and you naturally Flow into the frequency of the fifth dimension. On the other hand, when you allow your ego/self to be at the helm, the negativity and fear of the third dimension are once again "loud" in your psyche, constantly threatening to lower your resonance. The bombardment of fear and negativity lowers your frequency below the threshold of the fifth dimension and into the polarized worlds.

As can be seen, crossing the threshold is not a single action; it is a state of consciousness. This threshold is not a place; it is a frequency. The threshold of a frequency is the exact moment at which you are able to perceive it. In this case, it is the frequency of an entire reality. Fortunately, practice makes perfect. Holding your perceptual base in the core of your SELF, will allow you to choose to perceive the higher worlds. It takes patience and constant self-observation to maintain the state of consciousness that allows you to perceive the magnificence of the fifth dimension. Fortunately, when your consciousness drops the fifth dimension does not go away, it is just that it is beyond your perceptual field.

A new helium balloon can easily rise to your ceiling. However, over time, the balloon gradually moves closer and closer to the floor. In the same manner, you may tune into the fifth dimensional reality, but your consciousness slowly lowers as you get involved in your daily duties and challenges. Fortunately, once your consciousness is firmly planted in the fifth dimension, these duties and challenges are replaced by unconditional love and the joy of creation.

Hence, crossing the threshold is not a singular act; it is a conscious recalibration of your consciousness to constantly live in the Flow of your Multidimensional SELF who easily surrenders to the fifth dimension. Your Multidimensional SELF can also visit the lower worlds to assist and serve. Hence, much as you now visit the fifth dimension and live in the third/fourth dimension, more and more, you will live in the fifth dimension and visit the third and fourth dimensions.



## CHOOSING YOUR REALITY

Within the NOW, all is ONE, so you can easily and naturally become ONE with that reality of your choice. Within the NOW of the ONE, there are more perceptual possibilities than your third dimensional brain can imagine. Fortunately, you have downloaded and integrated your true Multidimensional SELF into your earth vessel, which has expanded your consciousness far beyond the limited potentials of the third dimension.

From your SELF, you realize that all the dimensions exist in an infinite tapestry of frequencies of reality. To choose to experience a certain dimension, you adjust the frequency of your consciousness to match that of your desired reality. This process is much like changing the channel (frequency of programming) on your television. Once you are on the desired channel, you will perceive everything on that channel/frequency of reality. However, if your television or your consciousness cannot hold that resonance, you will change back to the channel/reality that matches that frequency.

This shift in reality may be so seamless that, at first, you will not realize that you have shifted realities. However, you can use as a marker the fact that the high frequency realities are filled with love and joy, whereas the lower frequency realities still function in the polarities of human love vs. fear and happiness vs. unhappiness. To consciously navigate the dimensions, practice your mastery of

remaining in tune with your thoughts and emotions and the resulting state of your consciousness.

This constant vigilance can be quite difficult during the daily chaos of physical life. This is why spiritual seekers in the past moved far from civilization and lived in ashrams or temples. However, at this point in Earth history, you have chosen to assist with the planetary ascension. Hence, many of you stay in more heavily populated areas to assist Gaia in Her transformation. Therefore, you may choose to simply surrender to your Soul/SELF to guide you in your daily life.

## BECOMING FIFTH DIMENSIONAL

### Crystal Temple

Take a long moment to feel the others who are with you in the Arcturian Corridor...

Connect your Soul with their Soul and feel the unconditional love, infinite light and calm peace flowing through every one of you ...

### Daily Life

Take a long moment to fill your heart with all the beings (human and non-human, third dimensional and beyond) that have shared your journey...

Channel the feelings of unconditional love, infinite light and calm peace flowing from the Crystal Temple into your grounded self and then out to all those who have shared your journey...

### Share with Gaia

Take a long moment to remember all your experiences in Gaia's beautiful Nature...

Channel your gratitude for these moments into Gaia and all her inhabitants...

To continue our journey, envision your self in front of the two giant Golden Doors at the exit of this Crystal Temple. You have been here before, which you will more easily remember as you more completely awaken your multidimensional memory. See the huge Golden Doors as they open before you. The doors appear golden because gold is the color of pure joy. In your world, many have sought gold in hopes of finding wealth in a material fashion. But did that wealth give them

joy? Joy is not a reward for accumulation. Joy is a state of consciousness.

When your consciousness is filled with joy, your aura becomes golden, because you have acknowledged that your consciousness is your only eternal treasure. In order for you to cross the threshold of these Golden Doors, you will need to accept and surrender to the pure joy that emanates from them. Close your inner eyes and focus your intention on opening your unlimited mind and unconditionally loving heart. Yes, it is only with an open mind and loving heart that you can accept pure JOY.

Allow the JOY to surround you...  
Surrender to the JOY...

You are ready NOW to cross the threshold...  
Surrender to the threshold...  
Fall into the threshold...

As you cross the threshold, you find yourself in the form of a Phoenix Bird, the harbinger of a new era, floating in a sky of infinity. Just as a sea gull hovers in the sky, wings spread wide, patiently awaiting the smoothest and swiftest air current, you, too, hover, wings spread wide, patiently awaiting the highest frequency to pull you into its current. You feel the soft breeze of love and joy as it caresses your feathers of light.

The view from here is magnificent. Below, you can see all that you have ever been and how far you have traveled in your many third dimensional experiences. You can also see your many fourth dimensional experiences in which you followed your Spiritual Path Home. Yes, you have been a brave and tenacious Spiritual Warrior for myriad incarnations.

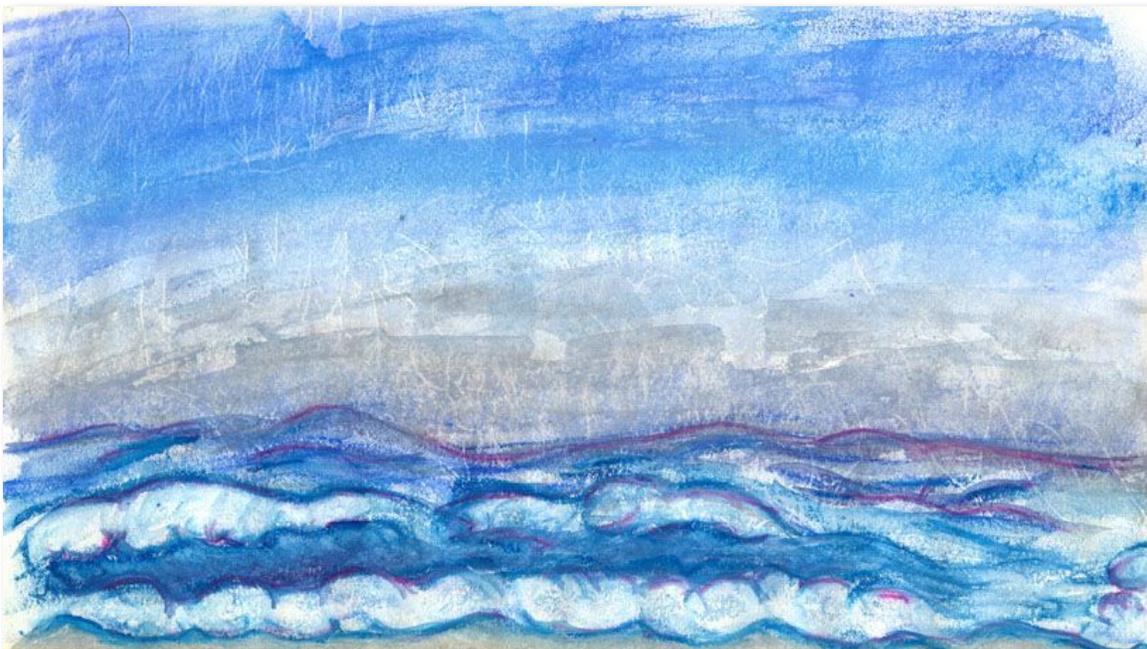
You have fallen many times, but somehow you have gotten back up, brushed off your knees and continued on your journey Home to SELF. You know that your experiences in these worlds are not yet complete, for from this perspective you can easily see the loose ends you wish to tie up and responsibilities you want to complete.

However, with that realization, a quiet breeze whispers into your ear, "Dear One, raise these final touches into the resonance of the ONE, to more easily be fulfilled." This voice holds such love, joy and peace that you try to find it, but it is everywhere. How can love, joy and peace be

everywhere when you have tenaciously sought them your entire life, and experienced them only fleetingly? In that instant of doubt, you start to fall.

Fortunately, you remember you are a bird and instinctively flap your wings. Taking a long breath, you relax into the feel of love, peace, and joy and continue to wait for the current to pull you into its Flow. Slowly, the cares and conflicts of the lower worlds again disappear from your awareness. You choose, instead, to focus on waiting for the Flow.

The sky around you is sweet and clear. Beneath you is your favorite landscape. Yes, Gaia is the most beautiful Mother anyone could have. You confirm your commitment to take Her with you. Pulling the memories of your many experiences in Her wondrous Nature into your heart, your mind calms. You feel the solidarity of a redwood tree within the family of its ancient forest and the strength of a mountain peak within a vast mountain range. You are a single cloud and the entire sky, the quiet of a still, small pond, and the roar of a surging ocean.

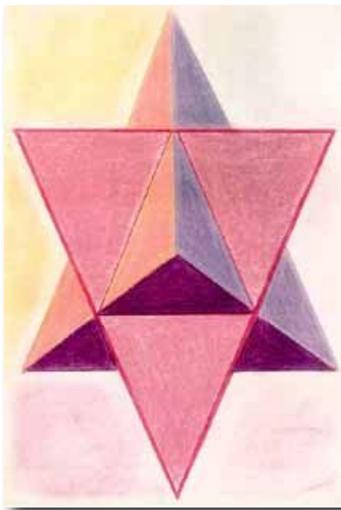


Between the ocean and the sea, you are pulled toward their point of unity. Gently you allow the sky and the sea to engulf you as you follow their calming motion. As you do so, you feel yourself becoming the ocean and being the sky. You surrender to the sensation of flowing with the currents of air, and the waves of the sea.

As you relax into the JOY of flowing with the current, you see the Sun peeking above the horizon. Is it rising or setting? Perhaps, it is simultaneously sunrise and sunset, for you are both releasing the old and embracing the new. You approach the Sun and feel the glow of unconditional love warming your heart and the promise of change awakening your mind. Like a bird caught in an updraft, your consciousness soars beyond time and space into the infinite ONE of the fifth dimension.

With the joy of a long-awaited homecoming, you embrace those whom you have missed, remembered and even forgotten. They are all here NOW in the ONE. The many expressions of your SELF within your myriad excursions into the physical worlds surround you like the stars in the night-sky. You greet them like beloved family members with whom you wish to share the memories of your long journey into matter. You are a great messenger who has returned from a long journey with news of all that you have experienced. You contribute your wealth of memories to the ONE and feel all the memories of the many individuated bodies of light that warmly greet you.

As you look around you, you discover that the reality you thought you had left surrounds you still, but it now glistens in the light of the fifth dimension. You bask in this reality where you feel only love, peace and joy. You have graduated from the need to learn through conflict. In the NOW, you realize that you are a multidimensional being and do not need to sacrifice one reality to experience another. Therefore, you know that even when you return to the lower worlds, you will feel the fifth dimension around and inside you.



In fact, it is you multidimensionality that you will share with Gaia as you ground your great light into Her planet and your physical reality. You are ready to return, for now you know that you have never left—you have only forgotten. Firmly, you decree that forever and ever, you will remember your true, multidimensional SELF, who is the Core of your Being. You know that within the challenges of your daily life you may forget, but simultaneously, you know that you WILL remember.

To facilitate this memory, take a moment to experience your SELF in your Merkaba form. The downward facing pyramid is your feminine, earthbound form of

matter and the upward facing pyramid is your masculine form in Spirit. In the middle, where male and female meet, is your High Heart, the holder of your ATMA, your Three Fold Flame of Life. Gently, yet firmly, deposit your multidimensional memory of SELF into your ATMA.

Program your consciousness NOW that whenever you are in danger of forgetting your SELF, you will spontaneously touch your High Heart (just above your Heart Chakra) to activate your memory of your

*Ever-present life in the fifth dimension!*



Dear Ones,  
We shall return, for we will never leave,  
The Arcturians

[www.multidimensions.com](http://www.multidimensions.com)

The Journey continues next month.

## STEP 10



*Being on fifth dimensional Venus reminds you of how you and your Divine Complement came as ONE Being from the higher dimensional worlds to prepare for your incarnation into third dimensional Earth. It was during the fall of Atlantis, and Gaia had sent out a call to Beings of higher dimensional Light to assist her. The darkness of her people had overcome the light, and her planet was in danger of destruction.*

*You were one of the volunteers who had answered her call and were studying in fifth dimensional Venus for your incarnation on Earth. No matter how long your preparation, however, you discovered that you were not ready for the limitations of a third dimensional reality. You later learned that these limitations were easy compared to being without your complete SELF. Now, after so many third dimensional incarnations, it feels unusual to again be ONE with your Complement or, as some say, your Twin Flame.*

*It took many Earth years before you and your Complement could release your deep grief over living as only a portion of your Multidimensional SELF. The moment that you were separated from your Complement was the moment you first experienced a reality based on polarities, with all the illusions of separation and limitation of third dimensional life.*

*Gaia is again on the verge of a transition. Fortunately, this time her frequency is rising into the fifth dimensional resonance, and many of the members of the Planetary Ascension Team, such as you, are here to become re-accustomed to holding the frequency of the fifth dimension. In past incarnations you have ascended into the fifth dimension and beyond after "death," but this ascension is quite different.*

*For one thing, you are dedicated, also, to the ascension of Gaia and all her inhabitants. For another, you are planning to create this ascension without the experience of death. In other words, you are practicing to gradually adapt your personal and planetary forms to a fifth dimensional resonance. You do this because you want to participate in Gaia's transition into the fifth dimension as a seamless shift into a higher frequency reality.*

*You are now on fifth dimensional Venus lying on a beach of pink sand as ONE Being of Light, united with your Divine Complement. The Waters of Light caress your feet, grounding you into the matrix of this hologram of fifth dimensional Venus. You stretch your Lightbody, and a million sparkles fall onto the pink sand. You can feel the consciousness within every grain of sand and pebble, as well as the aliveness and intelligence life force of the air that cycles through your Lightbody with every breath.*

*You are fully aware that all matter and substance is an elaborate illusion created for the opportunity to commune and communicate with All That Is. Because the fifth dimension is a "half-way house" between the worlds of form and the worlds of formlessness, the holograms created here are often based on the forms and structures of the lower worlds. Hence, your Lightbody is often in the same humanoid form that it took while on Earth.*

*However, in the fifth dimension you are not bound to that form, and you are at liberty to alter your body in any way that you desire. If you wish to experience flying, you could grow the wings of an eagle, or become a bee. You could also float to your destination, as there is no gravity in the fifth dimension. When you choose to travel inter-dimensionally to higher dimensional worlds you often take the form of a speck of light or a Star Being.*

*Your Lightbody's "skin" is translucent and glimmers with light, but it can look denser if you prefer. You are usually about ten Earth feet tall and, since you are composed of light, you have no weight at all. In*

*fifth dimensional realities, you live in the ever-present NOW and are always in the Here-ness and Is-ness of that infinite moment. When you separate into two masculine- and feminine-gendered Beings to study in the Crystal Temple, your Lightbody still exists, but it "phases out" into a higher frequency until your two polarities merge into ONE. However, it never ceases to BE, as it is infinite and immortal.*

*You separate into male and female while in the Temple, because that is how you came here through the Arcturian Corridor. Also, you and your Divine Complement have different responsibilities in the Planetary Ascension Team. Fortunately, while you are in the fifth dimension, you are in constant contact with your Complement. You can't help but think how much easier your incarnations on Earth would have been if you could have had that contact. If you are awakened in your third dimensional reality, you can sometimes communicate with your Complement via your Multidimensional SELF.*

*The Waters of Light have cooled and the Sun hugs the horizon. It is "time" for you to separate again into "The Two" and resume your individual Temple studies. As the ONE Being, you stand and stretch your long arms toward the top of Red Mountain. Your glowing, golden form expands slowly, growing wider and wider until you take on the form of two pyramids attached at their base with the masculine peak reaching towards the sky and the feminine peak grounded towards the heart of Venus.*

*As the upper peak opens, the double pyramid slowly separates into two spirals of light. The spirals look like spinning golden vortexes. Gradually, they unwind into two golden stars. Slowly, arms, legs and a head form from the stars, and two separate Beings emerge. You and your Complement raise your hands to the level of your hearts and touch each other, palm to palm. You lovingly look into each other's eyes, and, with a quick kiss and a smile, you return to the Crystal Temple as two Beings, joined by unconditional love.*

*(modified excerpt from Reconstructing Reality by Suzan Carroll)*

## *The Arcturian's Story of Ascension*



As you return to the Crystal Temple, you hear the voice of the Arcturians speaking inside your heart...

In the beginning, Beings of light without form or individuality created an egg of matter and polarity. Each of the many, who are actually the ONE, embedded a "copy" of their Essence into the egg, also known as the planet. For many eons, the Beings of Light wore the myriad forms that existed on and within their egg/planet.

At first, the entry of their great light was all but extinguished in the great density of the egg. Then, slowly, over many millennia, the spark of their light began to glow within the dense matter of their form. For more millennia this glow was a secret held deep inside the Beings' form—a secret, even to the Beings. Finally, this glow crossed an unknown threshold where even the Beings began to feel the glow, even though they usually did not see it.

In fact, the Beings were most likely to place the source of the glow outside of their selves and even outside of the egg/planet. At this point, the Beings were likely to worship the glow, which was slowly transforming into a light.

Millennia later, some of the Beings began to awaken to the knowing that the source of the light was actually within. These Beings were frightened by this inner light and usually hid it for fear that others would see the light and also be frightened. In this reality, the newly awakened ones were correct in this assumption, for indeed, many were harmed for daring to recognize that the Light was within.

It was dangerous to hold this light that the "others," primarily the leaders, believed they did not possess. It was a shame that the leaders judged those with the inner Light, for they, too, had an inner Light that was hidden behind their fear and their blind worship of an "external" source of Light.

Wars were fought over whose external light was the best, the most correct and the strongest. During these wars, many Beings died. It is too bad that those who died didn't know they possessed an inner Light. If they had known, they could have burst forth into a body of Light, much greater than the weapons used to kill them. Then, no one and nothing from the egg could have destroyed them.

If they had been able to burst forth into their body of Light, they would have seen that their egg was an incubation chamber. They would also have known that they could hatch from this egg as soon as they could allow their inner Light to burst forth. Unfortunately, some were so frightened by their Light that they tried to resist it, and they often damaged their form.

The inner Light was of a frequency much higher than the matter of the Beings' form. If the inner Light was not recognized and slowly incorporated into their every cell and atom, their bodies could be damaged. This incorporation demanded that the Beings maintain a conscious recognition of their inner Light and a constant vigil of their thoughts and emotions.

Fear was the only enemy, for it closed off the Beings' awareness of their own inner Light. Without the Beings' patient and constant integration of the Light into their form, as well as the release of old patterns, memories and thoughts of fear, the emerging Light would, again, become unconscious to the Beings. When this happened, the transformation of matter back to Light progressed in a chaotic manner that caused damage, and even death, to the form of the Beings.

Of course, the return to the ONE was seen only as "death" to the Beings and others who still denied the truth that they were returning

to their true form of Light. Unfortunately, those who observed the presumed death often became more frightened. In turn, their fear denied their ability to see that their own symptoms were actually an awakening. Hence, they too became sick or damaged or even died.

Fortunately, there are certain portals of awakening, one of which your planet is now entering, where the illusion of reality as an egg/planet weakens. These portals are like birth canals in which the Beings can slowly and safely become aware of and integrate their great inner Light. Within the portal there is also a weakening of illusion, and the Truth that this egg/planet is actually an elaborate incubation chamber is revealed to those who are able to see.

The portals served as a safe place to awaken. In order for the Beings to see the parting of the veils of illusion, it had to be relatively free of fear. What "relatively free of fear" means is that the Beings had gained some mastery over their thoughts that created fear and released most of their residue fear which had become embedded in their form. With freedom from much of their fear, and being within the safety of the portals, the Beings could more easily remember the unconditional love of the ONE.

You may wonder why we have used the term "Beings" instead of people. As the veils of illusion were slowly, or quickly, removed it became evident that the Original Beings of Light created everything. These Original Beings had sent down a copy of their Essence into all the matter that created the form of the egg/planet. Hence, animals, insects, rocks, water and the fourth dimensional Elementals all held the Essence of these Beings of Light.

Furthermore, you may think that we, the Arcturians, are talking about Earth when, instead, we are talking about all the planets of our Star, Arcturus. Yes, dear ones, when you are fully awakened, you will know that all planets, and even Suns, share your process of ascension/hatching from your egg. However, different worlds may have different "dramas" of awakening.

As your personal, planetary and solar eggs begin to hatch, the myriad Beings of Light who volunteered to take form will emerge from their egg in a great burst of Light. When we, the Arcturians, began to hatch, only a few felt secure enough to leave the comfort of our egg/planet reality. But, as we did so, for the first time since we had taken form, we were shown the true meaning of unconditional love, divine peace and the Unity of the ONE.

Filled with the glory of love, peace and unity, our only thought was to return to our egg to assist all our brothers and sisters in awakening. Most of us returned to the type of form we had taken. For example, those of us who had been the form of what you call human, returned to awaken humans. Then, there were those who had lived in the form of animals who returned to awaken the animal kingdom. Those who had been plants, returned to awaken plants and those who had made up the earth, air, fire and water returned to their element to awaken the very planet. Those who had remained in the fourth dimensional aura of the planet, returned there to assist in that reality.

The most glorious moment was when ALL of us, whether human, animal, plant, planet or either, returned to ONE great Being of LIGHT. After millennia upon millennia, we emerged from our Cosmic Egg as the Beings of Light that we had always been. Even better, because of our adventures in form, we were wiser, more powerful and more filled with an unconditional love and compassion than we ever were before our experiences in matter and form.

Together, as a group mind, we looked down at our egg/planet/solar system/star in gratitude and love. However, we did not need to return to our egg for, as the ONE Being of the collective light of Arcturus, we knew that our destiny was to find other planets, solar systems and stars who were also on the threshold of awakening.

We decided to wear a form of Lightbody if we chose to reveal ourselves. From being in form ourselves, we knew that other Beings of form could more easily accept our assistance if we presented the illusion of a body. Also, we had been in form for millennia. Therefore, for more millennia, we held a form much as you would put on clothes or enter your home, office or car. This form made it easier for awakening ones to perceive us and place their attention on our message.

However, even with our illusion of form, many could not perceive us. Therefore, the most courageous and daring of us made the ultimate sacrifice of incarnating into a physical body to assist planets on the edge of a portal to ascension. Since dear Gaia, the collective Being of the egg/planet Earth, wanted to return to Lightbody, but a majority of Her Beings were still profoundly asleep, we sent many of our Arcturian Beings into the form of humans.

We chose the form of human because the animals, plants, land, sea, fire and air were ready to hatch. Unfortunately, the Beings in human form were filled with the fear of a reality based on conquest, possession, power-over others, judgment and blind faith in the illusion that their Light was from an external source.

Many of us entered human forms at the last portal opening, the reality of Atlantis. Unfortunately, we were too late to awaken the humans, but we were able to assist Earth enough to save Her from destruction. Our brave volunteers then entered the wheel of life and death that surrounds each egg/planet before it hatches.

Many of them—that is, many of YOU—were lost for many lifetimes. However, because of your innate Arcturian essence, you were among the first to hear our call to awaken. You were then among the first to begin your process of returning to Lightbody. One-by-one you found your personal means to awaken other sleeping ones. Some of you concentrated on healing the great damage the humans have done to the planet. Others focused on healing the damage done to the plant and animal kingdom, and others focused on awakening humans.

To make it easier for planets to awaken, we created the form of the Arcturian Corridor, so the portal could be more obvious to the awakening ones. Please be aware that all Beings are not in humanoid form. However, a precursor to planetary ascension is that the planetary stewards—whatever their form—turn their attention starward, so that their consciousness can expand beyond personal, collective, planetary, galactic and into cosmic consciousness.

It is the cosmic consciousness that signals a readiness to hatch from the egg/planet and return to Light. Some stewards hatched early to become Avatars and awaken others. Unfortunately, most of them became “gods,” and external forms of Light to the sleeping ones who could not believe in their own inner Light. However, the message of these Avatars has served as a Light to hold onto in the darkness of a reality filled with fear. Most unfortunately, the ones who are sleeping believe their “god” is better than other gods and use this belief as an excuse for conquest, possession, power-over others, judgment and war. This cycle seems to repeat in planet after planet.

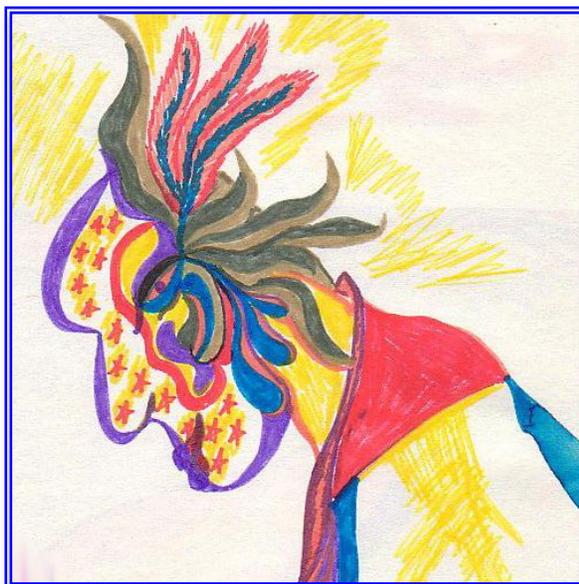
It is common that directly preceding a planetary awakening that the unhealed wounds, formed by a millennia of fear, fester into wars and destruction. You are currently experiencing that now. In fact, your last one hundred years have been filled with wars. However, those of

you who are on the first wave of awakening have released your old wounds of fear. Hence, you are able to feel Divine Compassion and unconditional love for those who still suffer from the illusion of separation. It is because of this illusion of separation from each other and from the ONE that they create, or are the victims of, violence and war.

In fact, some of our very brave ones are actually serving within the very heart of wars in order to create the consciousness of unity in peace. We also acknowledge the sacrifices of the everyday warriors who constantly do battle with their fear to maintain an inner essence of unconditional love. To all these spiritual warriors, we offer our great Light, the unified Light of ALL Arcturians, to assist you in the magnificent moment of return to your Lightbody SELF.

In January of 2009, we came to this channel wearing the "form" of the Arcturian that she IS. We then showed her how the illusion of form can burst into Lightbody. Each of you can also meet your Arcturian SELF, or perhaps your SELF from Sirius, Pleiades, Andromeda, Orion, Antares or elsewhere. In fact you all have many higher dimensional expressions of your SELF in many Galaxies and dimensions.

In fact, the Galactic Federation, which included all of the above Star Systems, and more, is here to meet you now.



*Message from  
The Galactic Federation*

Dear Ascending Humans,

We rejoice to see you here in the Crystal Temple of fifth dimensional Venus under the wise direction of the Arcturians. We, the higher expressions of your SELF, have also overseen your journey of becoming your ONE SELF. Every time you integrate a new aspect of your Multidimensional SELF into your perception of SELF, you greatly expand your consciousness. Many of you have expanded your consciousness and raised your resonance enough to remember some of your fifth dimensional lives, as well as some of your experiences of ascension. Because of this amplification of your resonance, we, the Galactic Federation, are now able to openly communicate with you.

Once you, a grounded Being, resonate to a frequency of unity, you are able to receive transmissions from the fifth dimension and beyond. We then become very interested in your development in the Light and contact all your higher expressions of SELF so that they may personally assist you. With your first inter-dimensional communications, it is easier to connect with a higher expression of your SELF, for you are of the same Soul frequency.

Since you are able to maintain a conscious connection to a fifth dimensional expression of your SELF, we know that you are ready to join our Federation. Hence, even though you are still holding a vessel on third dimensional Earth, we have come to you today to welcome you to the Galactic Federation. It doesn't matter if you see your self as "only" human, for we see you as the great Multidimensional Being that is your true expression of SELF.

We have introduced ourselves to you to make it easier for you to connect with our frequency. In this manner, you can more clearly receive our messages and translate them into your human language center. When you were still functioning under the control of your ego/self, you were bound by the limits of your third dimensional rules of polarity, time and space. On the other hand, now that your Soul/SELF is flying your earth ship, your reality is currently fluctuating up and down in resonance as you constantly adapt—and re-adapt—to the extremely high frequency torsion waves that are now ever-present in your reality.

From our resonance in the fifth dimension and beyond, we can clearly see all the millions of you who are awakening to the adventure of

planetary ascension. As more and more of you are able to receive our communications, we will be increasingly able to transmit messages and instruction to our grounded ones. To the degree that you are able to accept and integrate our higher vibration into your earth vessel, your life will increasingly resonate to the fifth dimension and beyond.

There are those of you who do not wish to return to your fifth dimensional home in the land of unity, peace and unconditional love. To those of you who are not ready to leave your homes, your loved ones, your careers, your pets, etc. do not be concerned. There is no loss, because there is no leaving. Instead, you are transmuting the very fabric of your reality from the dualism of the third/fourth dimension into the unity of the fifth dimension and beyond.

You can "alter your reality" as quickly or as suddenly as you desire. This is your ascension. You have practiced for this moment in myriad lifetimes, and/or waited beyond time to participate in this grand moment. Look not to what is happening outside of you. Instead, concentrate on what is happening inside of you. Transmutation begins at the level of personal and planetary DNA, then progresses into your physical body and third dimensional reality.

One warning. Whether or not you believe it, YOU are creating your reality. There is no hiding from this fact, no matter how much you doubt yourself. Doubt and resistance will only make your process more chaotic. It is best that you own your power within and remember that with this power comes added responsibilities. The best way for you to proceed is to focus primarily on your consciousness. Listen to the voice of your Soul/SELF who guides and leads you throughout every moment. Simultaneously, recognize the illusions of fear and separation, as you choose to attend, instead, to the Truth of love and unity.

Sleep and meditate as often as possible so that you can release old limiting beliefs and allow the seed of your Lightbody to safely grow within you. When your Lightbody was off-line, you could see reality only through your five senses, but now your expanded perceptions are steadily increasing. As your Lightbody grows stronger within your physical form, it will serve to filter-out the illusions of the third/fourth dimension and filter-in the truth of the quantum world and the fifth dimension and beyond.

Your quantum world will be perceived by your DNA, specifically your junk DNA. The 97% of DNA that has been labeled "junk," as its role

was then unknown, carries myriad inter-dimensional wormholes, which receive messages from the quantum world. At the same time, the many scalar/torsion wave systems within your earth vessel will receive the higher frequencies of the fifth dimension and beyond.

Your opened Third Eye will then translate these transmissions into your human language so that you can share your message with others. Your grounded, earth vessel actually serves as an antenna, which can receive only the frequencies to which it resonates. Hence, as your personal resonance expands, you can receive transmissions from deeper within the quantum world and further into the higher dimensions. Eventually, you will come to the connecting bridge where the deepest quantum reality merges with the highest frequency reality to release all need for space, time or form.

However, please enjoy each step of your exciting return to SELF. You have chosen, in fact, you "stood in line" to take a body at this time. In the same manner, we have elected to "stand in the wings" to assist you in remembering that you are acting in a grand play, as well as to celebrate your grand finale. Now that we have made "first contact," we want you to remember that we are available with a thought or an intention. We also wish to remind you that the best carrier wave for any transmission is unconditional love.

Therefore, we close our message by sending you unconditional love and a rousing applause for putting on a fantastic show!!

We welcome you Home—NOW!!

## *Releasing the Wounded Survivor*

Dear One,  
The Galactic Federation, and specifically the YOU within that Federation, is here to assist in releasing the lowest resonance of your SELF, your "Wounded Survivor." We the Arcturians are here to guide you in this exercise.

Your Wounded Survivor is the part of your grounded, Multidimensional SELF that holds the sum/total of all the memories, thoughts and emotions of all the years that you have sought to survive in the hostile environment of third dimensional Earth. Your Wounded Survivor holds the fear-based experiences of barely surviving the many challenges that you have faced in this, as well as, your other lifetimes. Hence,

your Wounded Survivor may be too fatigued to go that last round of your process.

This fatigue can make it difficult for you to raise your resonance above the many temptations and cause you to attend to fear-based stimuli. This wounded component of your SELF has been a brave warrior and has fought tenaciously for your right to a happy life. However, the memory of all these battles may be holding down your resonance. We wish to tell you that you can release your Wounded Survivor into the light of this Corridor and allow it to ascend now.

We are proudly observing how many of you are holding back your personal ascension so that you can contribute your expanding consciousness and unconditional love to the planetary ascension. In this manner, you are greatly contributing to the great cosmic moment in which Earth, your Solar System and all the Milky Way Galaxy will "graduate" into the next highest expression of SELF. The "individual" people are now becoming a Planet, while your planet Earth is becoming a Star, your Sun is becoming a Central Sun and your Central Sun is becoming a Greater Central Sun. Yes, soon there will be a graduation of cosmic proportions.

However, you may feel like some one is holding you back. Some part of you is just too tired to make it past the finish line. This YOU is your Wounded Survivor. This YOU deserves to cross over now, today, this moment, and we are here to show you how this can happen.

Please take a moment to look into the eyes of your Intergalactic SELF, the higher expression of YOU, who is among the Galactic Federation. Allow this you to step forward from the ranks so that you may align with the great, Multidimensional Being to whom you are returning. We say returning, as you have never lost your SELF. This great Being is actually your Original SELF who sent a copy of it's essence into your third dimensional hologram. This "copy" is you.

Your Intergalactic SELF is the YOU who has already been through the planetary ascension and has come back in time to assist you in your NOW. We realize that this sentence can be quite confusing to your third dimensional language system. In reality, this future component of your SELF is beyond time and space, as it/he or she is the YOU who lives in the ever-present NOW of the ONE of the fifth dimension and beyond.

The resonance of this Future SELF before you will expand even more when you join it fully at the time of your planetary ascension, As you re-unite with your SELF, you contribute the many lessons you have learned in your many lifetimes as an "individual" in a polarized reality.

Relax a moment so that you can fully experience the vision of the higher expression of SELF who has stepped forward to meet you ...

Before you try to see your SELF, feel the resonance that precedes it, as it moves towards you...

(We use the pronoun "it," as your SELF is beyond polarities. Hence, YOU are androgynous, even though it may present itself as having a male or female form.)

Is there a certain Star that is your Homeworld? If so, allow that information to come into your consciousness NOW...

Allow the form of your SELF to be a huge radiance of light with a semblance of eyes. In this manner, you will attach to your Essence rather than your form...

As you look into these eyes, your eyes, feel the deep, unconditional love as it unites you into the ONE Being that you have always been...

Raise your hands to the level of your heart and open them to face your SELF, as you move closer and closer...

You are now toe-to-toe, hand-to-hand, heart to heart and eye-to-eye as you allow your hands to touch...

As your hands connect, feel the interchange of essence from your self to your SELF and back again...

Now, just as you released your wounded ones into the Vortex when you first entered the Corridor, release your Wounded Survivor into your SELF...

See the brave warrior, who is your Wounded Survivor, as he/she steps into your SELF to be forever FREE...

Turn around as you step into your SELF to see your human self through the eyes of your greater SELF...

FEEL how YOU, your SELF, embrace your Wounded Survivor who is NOW being released to return Home NOW...

Release ALL the struggle and suffering of your Wounded Self with the power of your unconditional love...

Unconditionally forgive yourself and of the all persons, places and things that appeared to cause you suffering...

Unconditionally accept all the roles you played in order to survive the myriad fears and illusions of your third dimensional realities...

Looking into the eyes of your SELF, feel how your resonance has raised by releasing the YOU that was still bound by Survival Consciousness...

KNOW that YOU will always survive, for YOU are Infinite Spirit...

Own this total Freedom from fear as you say:

"With love and sweet forgiveness,  
I release my Wounded Survivor to the safety of my highest SELF."

## *The Journey*



*The Sun is high in the Venusian sky as you leave the Crystal Temple. You feel elated from your experience of releasing your Wounded Warrior and rush to the pink sands to again unite with your Divine Complement. As you float towards the cliffs overlooking the Waters of Light, you feel your Complement waiting for you. Your sojourn into the*

*separation of the third dimensional Earth realities has been challenging, and you long to again become ONE.*

*You feel the cool pulsation of the Waters of Light as you approach the cliffs overlooking your special cove. In your Venusian light body, you have 360-degree vision, so you take a moment to absorb the panoramic view. Behind you is the Crystal Temple high atop the Red Mountain. You see many of your dear friends still entering and leaving through the Temple's Diamond Doors.*

*The beautiful flowers of the magnificent floating garden surround the Temple. These flowers radiate fifth dimensional colors that are not known in the lower worlds. The flowers, as well as their plants, have intelligence, as does all life in the fifth dimension. Fairies and other small creatures live in the garden, and all of this life telepathically communicated with each other and with you.*

*Off to your right is the radiant multicolored glow of the Crystal City, and to your left is the evergreen forest and small towns where the Venusians live when they are not visiting the Crystal City. Deep love and contentment fill you, as you take in the Venusian landscape.*

*During your many Earth lives, a great wound was created in your heart and in your consciousness. You released this wound in the Temple, but you feel you will need to continue to love it free. Perhaps, when you join into ONE again, you will be able to totally release this wound.*

*As you arrive at the cliff, you peek over the edge and see your Divine Complement waiting for you on the warm sands below. You take a moment to absorb the beauty around you before you go down to join your Complement. You have spent so much "time" on Earth that you have to remind your self that on the fifth dimension you can float down there as gracefully as a feather. You can also fly great distances, if you choose.*

*You can will yourself to a desired location, as well, and be there instantly by focusing your intention on that experience and surrendering to its pull. You smile, remembering how hard you had to work for whatever you wanted in your third dimensional lives. On the other hand, in the fifth dimension you can instantly create any experience, object, or location that you desire.*

*As you breathe in the warm emanations from the Waters of Light, you desire nothing more than to be ONE with your Complement. You lean*

*forward over the cliff and allow these emanations to carry you to the shore. Your Complement stands, arms open so that as ONE you can heal the old scars that had been opened by your individual visits to the third dimension.*

*"Let us merge into ONE," you say. "I want the memory of our merging to be strong in my heart when I return to the third dimension." You face each other, eye-to-eye and heart-to-heart. Raising your hands, you placed your palms together to create a circular connection from one heart to another. You stare deeply into each other's eyes and feel your frequency accelerate as you connect your auras into one.*

*You can feel a tingling that starts at the tips of your toes and gradually rises through your bodies, joining two halves of a whole into one complete unit. By the time the tingling reaches your joined hearts, you are floating higher and higher in the Venusian atmosphere. Then, suddenly, there is a flash of light, and you are deep in outer space.*

*Venus is a glowing orb far beneath you, and you are ONE speck of light surrounded by many stars. Gradually, one star comes closer and closer. You float towards it, as well. The star becomes a swirling vortex directly before you, and you are pulled into it. You feel a spiraling sensation as the vortex surrounds and transports you. In a burst of light, you are in the sixth dimensional solar system of Arcturus.*

*Once within the solar system, a certain planet pulls you toward it, then in a flash, you are there. The inhabitants of this planet live in units of thirty-two to forty, known as pods. The members of each pod are individuated consciousness joined into ONE unit. The pod to which you are drawn has created a hologram with a rhythm of inflow/night and outflow/day in preparation for their planned mission to come to Venus and, eventually, to Earth. It is early dawn, and the Sun is just rising above the horizon, heralding the beginning of an outflow cycle.*

*Gaia has called for assistance again. She is ready to raise Her resonance into the fifth dimension, but too many of her humans still sleep. This pod will first journey to fifth-dimensional Venus to become accustomed to the lower vibration. Some will then move on to third dimensional Earth when they have learned to survive in a lower density, and some will stay on fourth and fifth dimensional Venus to act as guides for those who travel to Earth.*

*All the members of the pod are like the fingers of one hand. Each is individual in the collective consciousness, but unified in awareness and*

*purpose. All are androgynous. In fact, they are beyond the concept of gender, as it is known on the lower dimensions. The adventure of answering Gaia's call is beginning. Their leaving holds no fear or sadness, for these emotions will not be a part of their awareness until they enter the third dimension.*

*You feel a harmonic resonance with this pod and especially with one portion of this united pod. Could this portion of the ONE pod be a higher expression of your SELF? In response to your question, this portion moves out from the ONE and creates a form. The form is made of light and looks like a star that a child would draw. There are two radiations that come down from the middle, somewhat like legs and two radiations coming out from the middle, somewhat like arms. The form has a glorious crown of radiance, reminiscent of a head, and where there would be a heart is a vortex, much like the Arcturian Corridor.*

*This form is fluid and mutable and seems to exist only to impart a message to you. Yes, you suddenly KNOW, this Being is a higher expression of you, which usually exists as formless, pure consciousness. The ONE of you and your Complement move toward the "Star Being" in acceptance of its communication. As you merge into its essence, you burst into myriad expressions of Light.*

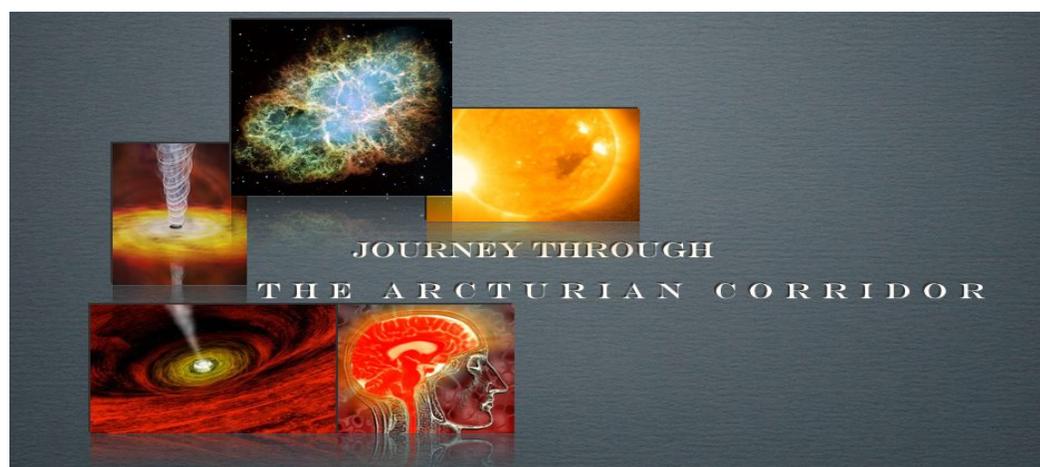
*Instantly, the Star Being is gone, Arcturus is gone, all form, all thought, all emotion—GONE!*

*Back on Venus, you and your complement are again two. You drop your hands and look into each other's eyes, your own eyes, and smile.*

*(modified excerpt from Reconstructing Reality by Suzan Carroll)*

## *STEP 12*

### *WE NOW RETURN TO OUR*



Dear Ones,

We, the Arcturians, welcome you back to the Arcturian Corridor. Much has occurred in your life and in your world since we first activated this Corridor on September 11, 2008. Changes are everywhere and within everyone. Each of you is now a refined instrument in Gaia's orchestra performing the symphony of "Planetary Ascension."

Are you ready to continue your journey? Good! There is more for you to learn/remember here in the Corridor's Crystal Temple. To resume your travel, feel the Cosmic Joy, which is OVER - UNDER - AROUND - AND - THROUGH YOU! Feel this joy as a magnetic pull, which is directing your consciousness, once again, into the NOW of the fifth dimensional Crystal Temple.

Take a moment to experience this fifth dimensional Temple, as well as the shimmering presence of your Lightbody SELF. As you look around, you see before you a semicircular table with magnificent Beings sitting in each seat. These Beings are members of the Galactic Federation. The Federation is comprised of fifth dimensional and beyond Ambassadors of your local Star Systems.

Because of your own fifth dimensional resonance, you can easily perceive these higher dimensional Beings. Some of these Ambassadors are higher expressions of your SELF, who have taken form in other realities and with whom you have, consciously or unconsciously,

received communications. You can also see the Ambassadors from systems that you have not yet experienced. Among the Star Systems represented here NOW are The Pleiades, Sirius A and B, Andromeda, Orion, Antares and others. Of course, Arcturus is also represented, and it is this Member who stands up to deliver a:

### *Message From The Galactic Federation*



Dear Grounded Members of our great Galaxy,

We are here because we wish to assist you in remembering and integrating your lives on other planets, galaxies and dimensions. Every time you integrate a new aspect of your Multidimensional SELF into your conscious perspective of SELF, you expand your consciousness.

We can help you now because your grounded conscious has reached a frequency of unity that allows you to receive transmissions from the fifth dimension and beyond. Furthermore, since you have integrated your Multidimensional SELF into your consciousness and earth vessel, we, the Galactic Federation, are able to pick up your signature frequency even when you are absorbed in your everyday, physical reality.

Once your signature frequency tells us that you are ready to meet the higher expressions of your SELF on other planets, Star Systems and dimensions, a communication portal opens between your higher expression and your earth vessel. In this manner, we can constantly transmit messages, support, and most important, unconditional love to you from the fifth dimension and beyond.

We wish to tell you that this portal now connects the Galactic Federation to your earth vessel. Because of this connection, we can officially welcome you to the Federation. It doesn't matter to us whether or not you see your self as an individual, for we see you only as the great Multidimensional Being that is your true expression. To the degree that you are able to accept and integrate this higher vibration into your earth vessel, your life will begin to resonate to the fifth dimension.

There are some grounded ones who do not wish to return to their fifth dimensional home in the land of unity, peace and unconditional love. They feel that they are not ready to leave their homes, loved ones, careers, pets, etc., etc. If you are one of these people, do not be concerned, for there is to be no loss, as there is to be no leaving. Instead, you are transmuting the very fabric of your reality from the dualism of the third/fourth dimension into the unity of the fifth dimension and beyond.

You can "alter your reality" as quickly or as slowly as you desire. This is your ascension. You have practiced for this moment in myriad lifetimes, and/or waited beyond time to participate in this grand event of Planetary Ascension. Look not to what is happening outside of you. Instead, concentrate on what is happening inside of you. Transmutation begins at the level of consciousness then progresses into your physical body, your cells, your DNA and into your external reality.

One warning. Whether or not you believe it, YOU are creating your reality. Never forget that your great creative power is accompanied by an even greater responsibility. Because of your expanding creative power of manifestation, it is important that you constantly monitor your thoughts and emotions and focus your intention on the process of Planetary Ascension, for as you become increasingly fifth dimensional, whatever fills your consciousness fills your life. Therefore, focus on your consciousness and attend primarily to the higher dimensional voices that guide and lead you. Simultaneously, recognize all illusions of fear and separation so that you may instantly release them from your attention and focus on love.

Sleep and meditate as often as possible so that you can release old, limiting beliefs and allow the seed of your Lightbody to safely grow within you. As your Lightbody grows larger and larger, it will serve to filter-out the illusions and limitations of the third/fourth dimension and

filter-in the truth of the quantum world, the fifth dimension and beyond.

Your quantum world will be perceived by your DNA, specifically your junk DNA. The 97% of DNA that has been labeled "junk," for lack of a better definition, carries myriad inter-dimensional wormholes, which will receive messages from the quantum world. At the same time, the expanding scalar/torsion wave systems within your earth vessel will receive the higher frequencies of the fifth dimension and beyond. Your opened Third Eye will then translate these body transmissions into your human language so that you can share your message with others.

Your grounded, earth vessel actually serves as an antenna, which can receive only the frequencies to which it resonates. Hence, as your personal resonance expands, you can receive sub-space transmission from deeper within the quantum world and further up into the higher dimensions. Eventually, your grounded form will become the bridge which connects the deepest quantum realities with the highest frequency worlds. At this point, the circle will be complete and you will release all need for space, time, or form.

However, please enjoy each step of your exciting return to SELF. You have chosen, in fact, "stood in line," to take a body at this time. On the other hand, we have chosen to "stand in the wings" to help you remember that you are performing in the final act of a grand play. We, your guides, observers and higher expressions of your SELF, wish to give you a rousing applause for putting on a fantastic show!!

*Now that we have made "first contact," we encourage you to remember that we are available to you with a thought or an intention. We also want to remind you that the best carrier wave for any transmission is unconditional love. We are aware that your grounded one may be finding it difficult to love itself unconditionally. Thus, we close our message by introducing you to one of the Members of our Federation who is one of the many components of your Multidimensional SELF. Since this Being is a higher expression of your SELF, we know that it will be easier for you to accept it's unconditional love.*

*We understand that unconditional love is not common in your polarized, third dimensional reality. Because of this, many of you have never experienced love that is free of all conditions. How can you express what you have never experienced or give what you have*

*never received? However, once you can experience, trust, and accept the unconditional love flowing from this higher expression of your SELF, it will be natural for you to emanate unconditional love from your grounded self.*

*The Ambassadors of our Federation resonate with the ONE of the fifth dimension and beyond. Therefore, they did not travel across space and it took no time for them to come to this table. Every dimensional world on which you have lived, visited, or from which you have received communications, has sent an Ambassador. Since there is no space here, it is not crowded, and since there is no time, they can all be here at once.*

*All the Galactic, Solar and Planetary Ambassadors who are here with us are constantly aware of their grounded ones in every galaxy, planet and dimension. This task is not difficult for the Ambassadors, since they are fifth dimensional and beyond. Hence, they can easily dispense their energy patterns to as many realities as needed. In fact, all of you who stand before us can do so, as well. You have just forgotten. Members of our ground crew who are returning to SELF usually need assistance in reconnecting with these innate abilities.*

Now, as you stand before the Ambassadors, allow one of them to step towards you. Remember that you are in the fifth dimension, which is free of time and space. Hence, release all third dimensional limitations that would make this meeting impossible. Within the HERE and NOW of the ONE, "impossible" does not exist. Here, there is only truth and unconditional love. It is the unconditional love streaming towards you from your higher expression that allows you to know the truth of your Being. Please experience, trust and accept this love.

The Star Being standing before you now is one of the many higher expressions of your Multidimensional SELF. Listen with your heart to receive a message from your SELF:



*"Dearest grounded self, I see that you are in-between. You feel vast changes within you that you cannot fully understand. You know that the symptoms that are occurring in your body are symptoms of your transformation. For example, your Third Eye is opening, which may cause a draining in your physical eyes. You often feel as though you can't stay conscious in the third dimension, but also cannot stay fully conscious in the fifth or the fourth dimension either.*

*"Your fourth dimensional sleep is often more work than your physical life. During your "sleep," you are visiting many parallel realities and waking up with messages that you can't quite remember but feel within you. You sense a deep peace and infinite gratitude, but you also deal with a great fatigue most of your waking life. This fatigue is because your third dimensional life is becoming too heavy, too slow, and too unreal.*

*"You are not ascended, but you are no longer just human. You are beginning to think fifth dimensionally, which means that your third dimensional thoughts are heavy and slow in your mind. Now that you stand on the threshold of a new reality, you experience more love for your physical life than you have ever felt before.*

*"You are receiving answers and illuminations to questions that have long been unanswered. Yet, at the same time, you are totally confused. Third dimensional illusions are dropping away, but the physical world still continues. The difference is that now it is more naked to your perceptions. However, this truth is often heavy to carry, as you are still surrounded by a world filled with illusion and fear.*

*"You, my grounded self, are returning to your innate multidimensionality. You have largely released your fears and usually live in love and gratitude that you are returning to your Multidimensional SELF. However, judgment and impatience remain as your two worst enemies. Judgment is your enemy because to judge another person, place or thing takes you out of the Unity of the ONE. Impatience is an enemy because it takes you out of the NOW of the ONE.*

*"You waited, lived, died, suffered and loved for millennia of lifetimes in order to experience this moment. For this, I lovingly commend you. I ask you now to enjoy every second of your life while you still live in third dimensional time. Focusing your intention on enjoying the moment will propel you into the NOW. As you learn/remember to live in Unity with all life and enjoy the NOW, your*

*consciousness will become more and more firmly implanted in the no-time of the fifth dimension.*

*"Then, instead of living in the third dimension and visiting the fifth dimension, you will live in the fifth dimension and visit the third. Surprisingly, your life will not change that much. What will change is your reactions to life. In other words, once you KNOW that you are creating your reality, you will no longer be able to be a victim. You will be fully aware that the manner in which you engage your intention and attention is the primary causal factor in the reality you create. In fact, you are having that experience now, as what you think about, you bring about.*

*"Just as there are octaves of the fourth dimension, there is a shallow end of the fifth dimensional pool. In the lower fifth dimensional octave, you still hold form and continue life much as you did in the third dimension. However, you are free of all the threat that has separated you from your SELF and your SELF from the ONE. In this threshold reality you can gradually gain your fifth dimensional balance.*

*"As you slowly adapt to your new reality, you will be less and less attached to acquiring possessions and other aspects of life that have given you comfort in your third dimensional incarnations. Gradually, you will feel more at HOME and be able to release even the illusion of the third dimension. However, first you may be inclined to assist your fellow humans who are still trapped in the myth of the physical plane. You will remember the special gifts that you have honed over your many physical incarnations and use these gifts to assist those in need.*

*"One task/service that you shall share is breathing your Crystal Energy into the physical world to assist in transmuting the matter of Gaia and all her inhabitants into their innate expression of Spirit. Dear grounded one, I now return to the Federation, and you will return to Gaia, our beloved Sister of Light. But first, the Arcturians will instruct you in the transmutation of physical into crystal, matter into spirit.*

*"Before I return, I wish to merge my expression with yours. Feel, my dear grounded self, as my heart unifies with yours, our minds become ONE and our emanations intermingle—forever free of all limitations of time or space. Through all eternity, we are ONE."*



### ***The Arcturians Speak***

Dear Ones, do not question your connection to the Galactic Federation and to your inter-galactic SELF, as it pulls you out of the Cosmic Flow of the Crystalline Energy of the fifth dimensional ONE. This kind of questioning acts in much the same manner as wanting. When you want something, it is because you believe you do not have it. In a similar fashion, when you ask a question, it is because you do not believe that you KNOW the answer.

When you question your fifth dimensional experiences, there is an underlying energy field indicating that you do not believe in your SELF. In the fifth dimension, your thoughts, beliefs and emotions are instantly manifest. Hence, if you believe you do not know your SELF, then you do not. In the same manner, if you ask a question, then you indicate that you do not KNOW the answer.

To be able to surrender to the Crystalline Flow of the Universal Mind, you will need to release the need to ask a question, as it separates you from the ONE. Within the NOWNESS of the Universal Mind, all is KNOWN. Once you enter the Crystalline Flow your consciousness calibrates to the Universal Mind and enters the All KNOWING. While connected to this Flow, this KNOWING is instantly transmuted into experience. This manner of gaining information is quite different from when you ask your brain a question.

To better understand this concept, take a moment to experience the difference between “asking a question” and “entering the ALL KNOWING.”

First, ask your human brain a question...

- As you can see, when you ask your brain a question, it separates your consciousness into question and answer. Furthermore, obtaining the answer requires the “time” it takes for your brain to research, calculate and/or remember the answer.

On the other hand, when you merge with the Universal Mind, you are ONE with the Flow of Crystalline ALL KNOWING of the ONE. Within this KNOWING there are no questions or answers. There is only illumination.

To merge your consciousness with the Universal Mind...

- Center your thoughts and feelings on the inter-dimensional portals of your Third Eye and your High Heart...
- Combine the two portals into ONE inter-dimensional portal at the level of your Throat Chakra...
- Through your Third Eye, focus your intention on the vision of this portal...
- With your High Heart, feel the unconditional love that Flows through the portal...
- Imagine that your portal is opening...
- As the portal opens, experience a rush of Crystalline Energy Flowing towards you...
- Take a long, slow, deep breath to center your consciousness on the portal...
- Imagine you are stepping into the portal...
- Feel the unconditional love that welcomes you upon your arrival...
- Allow this unconditional love to fill the opened portal and circulate throughout your entire earth vessel...
- To log-into the Universal Mind, allow the Crystalline Energy to flow freely into and through your consciousness...
- Take a moment to calibrate your consciousness by totally surrendering to the Flow of Crystalline Energy...

Once logged-in to the Crystalline Flow, you find that you are moving effortlessly along a stream of Universal, Crystalline Consciousness...

You float through what appears to be a tunnel of light and find that you, too, are of light...

You look around and see what looks like a circuit board of stars. It is the unconditional love that connects all the stars to each other, to the Flow and to you.

You are a point of light in the network of this Universal Mind. Your brain, which is a neuron in the Universal Mind, holds the question,

“Can you show me fifth dimensional Earth?”

You awaken to find that you are truly awake. The great fatigue of many third dimensional lives is suddenly lifted. You look around your bedroom and see that few things have changed. However, they appear to glisten in a manner that they never did before.

You look at your body and are surprised to find that it, too, glistens in the soft morning light. You must still be asleep, you think. This experience could only be a dream. You sink back into your covers, but find that sleep will not come. You are fully awake and can no longer hide from that fact.

But where is the disaster, the fear, the turmoil? How could ascension come so quietly in the night? How could you awaken to a new reality as simply as opening your sleepy eyes?

“It has always been here,” you hear an inner voice whisper into your heart. “You did not have to create it, or work for it or even deserve it. You only had to raise our resonance to the frequency in which you could perceive it. The SELF that you are now is the ONE whom you have always been.”

A slow awareness of truth grows in your mind as you begin to believe the inner voice. Whether or not this experience is real, you decide to attend to it, accept it, believe it and enjoy it. You leave your bed and go to your window to open the curtains.

As you look outside, you see that the world is much as it has been, yet wherever you look there is that same glimmer. You think, “I want to

go outside to better see this world" and instantly, you are outside. "What happened?" you think. "I was just in my bedroom."

Instantly, you return to your bedroom. Everything seems the same, you seem the same, yet as you think, "I need to get dressed," you are instantly dressed.

"Whoa," you think, "This is too fast. I need to slow this down. I don't know if I am ready for this."

Suddenly, the glimmer dims in your room and on your body. You look outside again and the external glimmer has also gone.

It is then that you hear, "Would you like some training?" You don't know who is talking, but your answer is, "YES!"

Instantly, you return to the fifth dimensional Temple in the Arcturian Corridor, standing again before your Ambassaor SELF.

"You are the programmer of your reality, but you have not yet fully prepared for this joy and responsibility." When you are ready, we will travel the Corridor into the sixth dimension, turn off the illusions of the 3D matrix and re-calibrate your mind to the new operating system of Living in Surrender.

"We will then take you to your Oversoul in the seventh dimension so that you can visit your Soul Family. In this manner, you will be better prepared for the new reality that you are about to live. Are you Ready?"

"YES!"

As you answer, the glimmer of the world returns to ignite your Soul, who breathes into your heart,

"I AM the Light I stand within  
I AM the form the Light creates  
I AM the life the Light dictates  
I AM the Light

The world is the reflection of my Light  
The world within me joins that reflection

I AM standing in the Light of the world that I AM

I project my Light into my world to become a tree  
 As well as the birds and squirrels that make it home

I become the lawn that covers Gaia's body  
 I AM each blade of grass  
 I AM the roots that connect each blade  
 I AM the soil in which life grows

I AM the Sky  
     The Sun  
         The Moon

I AM the form that sees the sky  
     Collects the Sun's light  
         Absorbs the Moon's glow

I AM the friends and family that visit my world  
     They are my light and I am theirs

As ONE we stand beneath our tree  
     We are the shade  
         The trunk  
             The roots

We are the lawn beneath our feet,  
     The roots  
         The soul  
             The face of Gaia

We are the house beside the tree  
 The block on which the house resides  
 The city  
 The state  
 The country  
 The continent  
 The planet

We are the planet  
 WE ARE GAIA

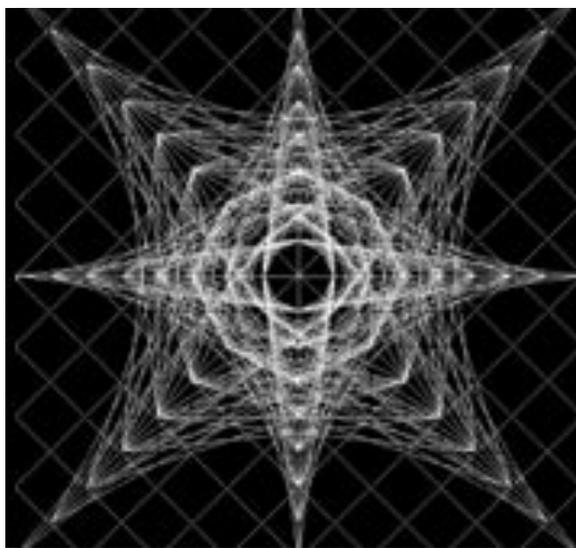
We are the Sun that feeds our light  
 We are the Moon that glows within

Within our form is All That Is  
 Within the ONE we hold our form

The transition happened yesterday and far beyond all time  
 We stand as ONE within the NOW as ALL we've ever been

The journey is complete, but yet, it's only started  
 The pain, the loss, the fear are gone, although we've never parted

The vision of eternal truth is forever in our Soul  
 For now and all forever, we live within the Whole"



### ***THE CRYSTALLINE GRID***

Your experience of Unity expands your consciousness beyond the planet and you look down to see the entire Solar System. It slowly expands before your vision, each planet slowly moving further into space. Gradually, the crystalline glimmer returns. This glimmer fills your form and connects you to the Solar System, the Galaxy, and the dimension. As you watch, the harsh boundaries of the physical world are softened by the crystalline energy. They also soften your heart and mind. You no longer need or fear or wonder. You ARE, you LOVE, you KNOW.

With your expanded awareness of SELF, your form expands, as does your vision of the Solar System. You relax into this expansion and realize that the space "in-between" each cell and planet is not empty.

Instead, it is filled with an ever-expanding and beautifully ornate Crystalline Grid. From your perspective, you see these fibers of crystal integrating into everything that was once known as matter, just as it also fills the space in-between. This matter, which was once separated from the whole of the ONE and condensed into "individual" physical form, is transmuting into its source material of Crystalline Spirit.

You wonder what could be the source of this transmutation. The answer comes from within your KNOWING as a softly expanding experience of pure, unconditional love. This love whispers to your Soul, "Love is the Source. Unconditional love is the multidimensional resonance, which is the power source for all creation. When unconditional love fills your consciousness YOU become an engine for creation. You, a Divine spark of the ONE, are a graduate student of Schoolroom Earth.

Your culmination will begin when you fully encompass the consciousness of the Being, Gaia. Already you can see how the web of the Crystalline Grid has expanded to fill more and more of Gaia's form. You feel the resistance of some humans and the total acceptance of all of Gaia's non-human creatures and elements. The experiment of individuality carries a high price, as some are unable to release it, even to become their SELF."

You direct your unconditional love toward those humans who have become so lost in the separation and darkness that they can no longer respond to unity and light. Patience and freedom from judgment allows you to bless them as you have been blessed. What you give, you receive. Hence, as you bless others, you receive a blessing yourself. This loving energy expands your visions so that you can see the overlap of all the multidimensional realities that exist, not only on Gaia, but on all the other planets, as well as the Sun.

You vow that when you return to your every day life on Earth, you will remember to breathe this Crystalline Light and unconditional love into every aspect of your reality. In fact, you feel yourself returning now. So that you do not forget this journey, you imprint on your consciousness:

As I re-enter my physical world,

"I VOW to breathe the Crystalline Light into my everyday life.

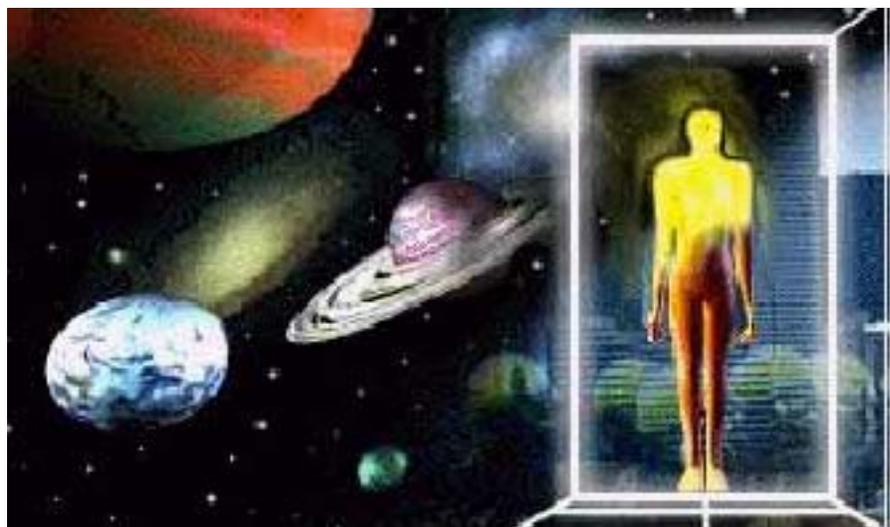
I VOW to remember that I am a Multidimensional Star Being.

I VOW to BE my Multidimensional SELF in daily life  
and to see through my Eyes of Soul.”

In a flash, you are home on planet Earth.

## STEP 13

### **THE PROCESS HAS BEGUN**



Dear Crystalline Beings,

We, the Arcturians, greet you with unconditional love and respect. We see you shining before us in your new form of crystalline light. Actually, this is not your new form, but your return to the form of your true SELF. When you first left the ONE to participate in the Grand Experiment of Light into Matter, your form was pure light, free of all matter and completely infused with spirit. We must say, dear one, that the light you now bear has greatly expanded beyond the light you bore when you first entered the darkness of matter.

Many of your earthly myths speak of a great being who sacrifices him/her self for the good of the many. After death, the martyr then goes into the darkness to do battle with all his/her demons. Upon the third day, the martyr returns to the light as a Master of Energy. We wish to take a moment to explain some important properties of the energy of the numbers 3. When the ONE of the fifth dimension and beyond was polarized into the third/fourth dimensional realities, it became number 1 (masculine/light) and 2 (feminine/matter). 3 is the number which represents the creation that results from the merging of polarities 1 and 2.

The number 3's creation story is that 1 and 2 united as Light/Spirit/1 into Dark/Matter/2 to create their child of love, Humanity/3. Because 3 took a form in the lower worlds, numbers 4 (basis for form), 5 (feet

grounded, heart open, head in stars), 6 (creative expression) and 7 (transmutation back to light) developed. You have now come to the "time" of number 7, in which you transmute your form back into the ONE from which it first arose. Just as the martyr of your creation stories becomes a Master of Energy, you have gained your Mastery as a magnificent Spiritual Warrior. For eons you have battled your only enemy, fear, with your Sword of Intention and your Shield of Unconditional Love.

Please see before you your brethrens amongst the Galactic Federation who are proudly proclaiming you as an Ascended Master, as they welcome you Home to your true SELF. Yes, you will return to your earthly life. Yes, it will appear to be the same through your physical eyes. However, through your awakened Third Eye and opened High Heart, you will see and feel the strands of crystalline light that hunger to accept the intelligent light, unconditional love and infinite creativity of the torsion waves that Flow from the Galactic Center.



### **CREATING REALITY**

A matrix is being created for a new reality, one that YOU have been creating since you began your Awakening. Now, dear members of our Milky Way Galaxy, you are merging your consciousness with the higher dimensional expressions of your SELF. As we speak with you now, we wish to remind you that you are truly at ONE with us, the Arcturians, who are at ONE with all consciousness. Consciousness is the creator of all form, not the other way around. Consciousness is living spirit, which may or may not seek to create a form. In fact, at the Source we are all pure consciousness, pure energy.

When consciousness seeks to create form as an artistic expression of its Being, it sends the intention of form down the frequency ladder into the lower worlds of form. This intention is then replicated in each and every dimension. However, on each dimension the form appears to be different because the resonance of each frequency creates a slightly different version of the same intention/pattern/matrix that has been sent down from the creator. In the case of your earth vessel, the creator is YOU, that is the YOU within the ONE who desired to experience individuality in a reality based on form.

Your body in each dimension is made of the elements of that dimension. Hence, your third dimensional form is made of matter, which is the combination of the elements of earth, air, fire, and water. This matter is polarized. To create polarity, male and female energy needs to separate. Now, in order to prepare your earth vessel for your initiation into Awakening, and the downloading of your higher expressions of SELF, you must unite your masculine (1) and feminine (2) energies to create your new form (3), Lightbody. Your form of Lightbody will be the vessel in which you will return Home to your true vibration.

Your fourth dimensional body is composed of the Elementals, which are the higher resonance of your third dimensional elements. In the lower sub-planes of the fourth dimension, your body is still polarized into male or female. However, since form is more mutable in the fourth dimension, you may shift from one gender to the other. As you travel higher and higher in the fourth dimensional sub-planes, your bodies become less and less polarized. Then in the fifth dimension, your form becomes androgynous.

When you first return to the threshold of the fifth dimension, you may choose to express your SELF in either a male or female gender. However, as you return to your forms in higher and higher frequencies of the fifth dimensional sub-planes, you are less likely to choose to express yourself in a form of gender. In fact, as you return to higher and higher frequencies of your Multidimensional SELF, the less you are likely to express yourself as an individualized form. We, the Arcturians who are communicating with you, have no form. This is because beyond the eighth dimension, there is no sense of individuality other than the group expression of the "individual" planet, solar system or galaxy—such as The Arcturian Worlds.

When you return to your sixth dimensional form, you will perceive yourself as the blueprint, the matrix—the pure Crystalline Matrix. From this perspective, you can perceive the patterns of your behaviors and creations in the lower realities of the third and fourth dimensions. You can then go directly into the “hard drive” of the Crystalline Matrix to make the necessary adjustments to these patterns. However, since reality is a perception, if your third dimensional self still believes in the old patterns—that is what you will experience until you can change your beliefs. This fact is because:

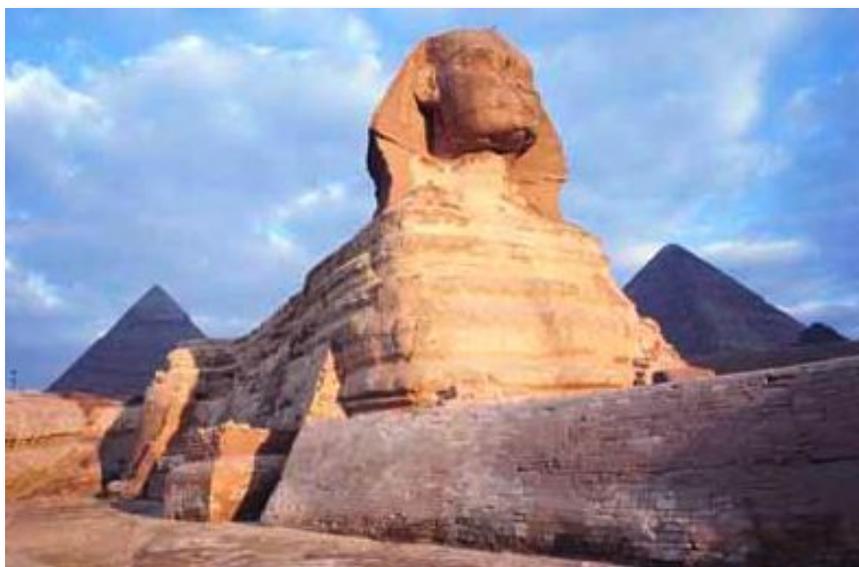
Belief creates expectation

Expectation directs attention

Attention filters-in expected perceptions

Perception IS reality because:

*The Reality You Perceive Is The Reality You Live*



## **INITIATIONS INTO MASTERY**

Before we begin our journey into the sixth and seventh dimensions, we wish to ignite your memory of your previous Initiations into Mastery in your past/parallel realities. Your sixth dimensional SELF stores the matrix, which your fifth dimensional SELF projects into the third and fourth dimensional worlds of form. Since there is no time in the fifth dimension and beyond, all of your third and fourth dimensional realities are perceived as happening in the NOW. Because of this, what appears to be “past lives” from your third dimensional viewpoint, are observed as “parallel” lives from the fifth dimension and beyond.

It is important that you review the process of these Initiations at this time, for in the sixth dimension which you are about to enter is the "hard drive" that creates and maintains all your 3D Matrices. Hence, you will be adjusting not only your current life, but all of your adventures in the third and fourth dimension. In your former/parallel realities, this was not the case, as the "stage" of third dimensional Earth was far from planetary ascension. Now, Gaia will ascend with you, just as you will ascend with Her. The 2 is returning to the 1 and taking all the 3's with Her.

In ancient times, Initiates studied in Temples, which were free of the responsibilities and worries of mundane life, because planet Earth resonated to a much lower frequency than She does now. Furthermore, there was a huge difference in consciousness between the few Initiates/Awakening Ones and the unenlightened masses. In that time frame, you studied for many years in the relative safety of the Temple in order to differentiate between the illusions of the third dimension and the Truth of the higher worlds. In fact, at that time, the "higher worlds" did not extend beyond the fourth dimension.

When you were ready for your initiation into Mastery, you had to face the four challenges of earth, air, fire and water. To pass this initiation you needed to merge with the fourth dimensional Elementals of each third dimensional element in order to discriminate between the illusion of polarized reality and the truth of the higher worlds. This merging of the third and fourth dimensions activated your memory of your true, multidimensional nature. For most Initiates that nature only encompassed the higher sub-planes of the fourth dimension.

During your initiation process you were called upon to move through four areas. In each area you were faced with the challenge of "survival." For example, you would enter an area in which there was a great avalanche. If you believed the illusion, you would try to "survive" by outrunning the onslaught of earth, in which case you would likely be crushed by your belief in the illusion.

On the other hand, if you could commune with the Earth Elementals to find the Truth of the situation, they would remind you that, as a Master, you could command them to calm the motion of their third dimensional elements. In this case, by believing in the Truth of your Multidimensional SELF and, hence, your Mastery of Energy, you would have passed the initiation.

A similar challenge would be presented to you with the elements of air, fire and water. If you were able to remember your SELF and pass all four of your initiations, you were ushered into a special room to rest and await the recognition of your victory. However, one more initiation held, sacred to only the Highest Masters, awaited you—the initiation of Human Love. In this case, a possible beloved one would enter your room with “refreshments.”

The following sequence of events were meant to present you, the Initiate, with the option of choosing human love (which would create attachments to the 3D Matrix and illusions) or unconditional love (which would allow you to remain free of all third dimensional illusions and distractions.) If unconditional love was chosen, you would be Master over the most powerful of all energy—your own emotions.



## **UNCONDITIONAL LOVE**

Human love, which is based on polarities, is very attractive for it carries great desire, unity in a land of separation, and passion. However, human love is also filled with fear, possession, jealousy and pain. On the other hand, unconditional love is free of the polarities that create the illusions of separation and limitation. Therefore, unconditional love holds no fear of loss or pain that your beloved would hurt you, because you and your beloved are ONE. To hurt you would be to hurt them, as well. With no sense of separation there is no need for possessiveness or jealousy, as every moment is shared within the ONE.

Finally, human love can often limit you from proceeding with your highest goals, whereas unconditional love creates no limitations. However, in order to choose unconditional love, you need to release

you own attachment to the emotional dramas of the third dimension and believe, instead, in the peace and calm of your Multidimensional SELF. Your true SELF is not only at ONE with your loved one but is also at ONE with all the elements and Elementals of the planet. Whereas human love can be restrictive, unconditional love is very expansive.

Once you embrace unconditional love, it automatically expands your sense of self beyond your individuality, beyond your loved ones, beyond your home, your city, state, country and into the very land, sky, water and spirit of Gaia. The body of Gaia is beloved and will be raised, transmuted, ascended into the fifth dimension. The land that has been unconditionally loved, protected and respected will expand. On the other hand, the land that has been scarred with human fear, hate and greed, will cease to exist, as the animals, plants and minerals have been too damaged and defiled by humanity to raise the frequency of their land.

Fortunately, initiated and awakened humans can step into their duty of being Keepers of the Land and transmute the areas of Gaia that have been destroyed or harmed by humanity's fearful choices. Of course, the Cetaceans, whales and dolphins, have done a stellar job of being the Keepers of the Water. However, even though they have constantly filled the oceans and waterways with unconditional love, humans continue to create more damage. Humanity needs to follow the lead of these great, ancient Beings and fill our reality with unconditional love.

Fortunately, the light of the Awakened Ones is ten times stronger than those still lost in the darkness. Therefore, if you the Awakened ONES, remember to unconditionally love all of Gaia's elements and Elementals, you will greatly contribute to the process of Planetary Ascension. If you can remember to unconditionally love the land of your home, your neighborhood, your route to work, the place of your employment, the land beneath your children's schools and every place you visit, you will create ribbons of fifth dimensional Crystalline Light across, around and within the body of Gaia.

Dear Awakened ONES, do not forget the power that you now possess. Share this power through the unconditional love that resonates within your aura. Take a moment in your busy life to extend your aura out across your surrounding land, down into the fiery core of Gaia's body, up into Her sky and down into Her waters. By taking a moment to send your intention to assist Gaia with your unconditional love, you will immeasurably assist in Her process of Planetary Ascension.

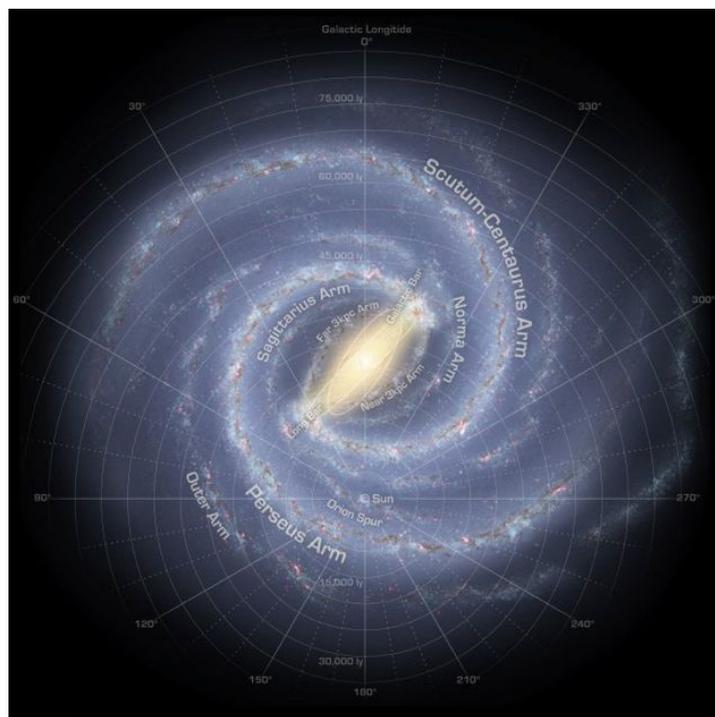
To further assist Her, send Gaia your deepest gratitude for holding the form of the planet on which you have taken many embodiments. Through all of these embodiments your sense of self has expanded to encompass your Planetary SELF. Take a long, slow in-breath as you realize that your SELF is not just one small human. Your SELF is all the elements and Elementals that make up your planet.

Begin your day as a *PLANET*.  
 Look into *YOUR* sky.  
 Feel *YOUR* feet within your earth.

Look into *YOUR* horizon.  
 Follow the pathway of *YOUR* rising and setting Sun.  
 Feel *YOUR* Moonlight as its cycles wax and wane.

Nourish and love the plants, animals and people living on *YOUR* land.  
 Experience the flow of *YOUR* oceans and waterways.  
 Feel the rain as it feeds *YOUR* land and clears *YOUR* sky.

Know that *YOU* are the Planet.  
 The Solar System is *YOUR* family.  
 The Galaxy is *YOUR* clan.



At ONE within  
 The Cosmic Whole  
 Alone beside  
 The Faerie knoll

Between the trees  
 Beneath the sky  
 Your heart expands  
 Your mind asks why

Why decide  
 To let it go  
 To receive the gift  
 You wish to know?

How can you  
 Apart, yet ONE,  
 Absorb the Moon  
 Become the Sun?

"The answer lies within,"  
 They say  
 "To ease the night,  
 Become the day.

"Hold the Light and  
 Let it glow  
 To BE the Truth  
 You've found you know!"

Stay balanced in the Center Path and follow the Flow of the ONE into the Heart of Gaia. Feel how the Flow washes over the land, fills the sky, enters the earth and calms the waters. No need to "batten down the hatches," for all that leaves you is meant to go.

You must enter the Promise empty-handed and open-hearted. The giant force of your love will magnetize all that has been held precious to your Soul's long journey into matter.

Hold yourself as a Comet, a glowing ball of light with a long tail. Within your tail is all that you have touched with love, as well as all the love that has spurred you on to this day.

Fill your consciousness with the love you have ever felt for Gaia—the planet that YOU are—in this and every one of your incarnations. Feel how She embraces you in return.

Deny your attention to any fear. It is only an illusion. Allow Love, Light, Peace and Unity to fill your KNOWING as the Truth of All That Is.

In closing, we the Arcturians, remind you to find your answers within and KNOW that the only tests left are the ones you create yourself.

## **THE ASCENSION PROCESS HAS BEGUN**



Forgive all that has passed  
 Accept all you've experienced  
 Believe in what you KNOW  
 And Surrender to the Flow

The Arcturians

The Journey Through the Arcturian Corridor continues in "The Communication Portal."

(Until that door is posted, please find the Journey in the Archived Newsletters.)

<http://www.multidimensions.com/TheVision/newsletter.html>