

3rd, 4th & 5th Dimensions Explained

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Greetings from Light.

Much has been spoken of dimensions. We would like to focus our attention on this because so much has been spoken; a lot has been misunderstood. We would like to focus our attention on three dimensions. Those three that are at present relevant for you. The 3rd, the 4th and the 5th. First of all, the use of the words 'leaving the 3rd dimension and moving to the 5th dimension' makes you believe that it's going to be a change in location. It is not. Dimensions are not spaces. They are energy bands. Let us repeat this so that you are clear. They are not spaces; they do not exist in a time-space continuum. They are energy bands. Energy bands that partially overlap each other; like you would have a hologram where you have certain layers overlapping each other, forming a whole. And depending upon how you turn that hologram, depending upon where your focus is, you see a different image. The picture remains just one, but each one sees it differently because of where you are focusing. So the first myth that must be completely erased is this.

The third dimension is the densest of all the energy bands, and because it is the densest, light from Source enters this energy band in the least volume. If you were to have a dense, heavy piece of rubber, and would pour water on to it, extremely little water would filter through because it is densely packed. Do you understand this? Now understand what happens in this energy band. It is solidly packed. The vibrations are far denser, so there is little volume of light, not no volume of light. Little when compared to the 5th dimension. Due to the volume of light being little, the denseness cannot disappear. So one adds to the other, and the other leads to the one again. That is why the third dimension seems to almost be like a trap. You get caught in it again and again. But it is not impossible, for along with this third dimensional energy band also coexists the fourth dimension, again another energy band. If you will recall, we had told you a long while ago, the 4th dimension and the 8th dimension are portals. They are not dimensions in themselves. Being portals, the travel through the 4th dimension and the 8th dimension will be far shorter than the 3rd or the 5th.

Whenever your personal energy frequencies move through a dimensional energy band, your journey in that energy frequency will be much longer. We are referring here to your personal energy shifts. The energy bands in the Universe are already present. The energy bands for Earth are already present. The energy frequency of Gaia is already present. When you are shifting from the 3rd dimension energy frequency towards the openness of the 5th dimension energy frequency, there is a transition, which is the 4th dimension portal. In a sense, it helps you to have one foot here and the other foot there. This is necessary because the 5th dimension frequency is so diametrically opposite the 3rd. Were you to go from one to the other directly, it would be traumatic. The 3rd dimension frequency is the frequency of materiality, the 4th dimension frequency is the recognition of the illusion of materiality, and the 5th dimension frequency is the frequency of the non-material. The 4th dimension helps you to understand the truth; the truth that materiality is illusion; the truth that body is illusion, the truth that everything associated with body is illusion. And yet, it is the reality of the 3rd dimension.

So though it might be illusion in the bigger picture, it is still your reality. And therein lies the root of duality. Why is the 3rd dimension a dimension of duality? Because there is illusion, which is evident from a bigger picture, but the illusion becomes your reality when it is viewed in a narrow focus. This duality where illusion and reality seems to co-exist in parallel, gives rise to all other forms of duality. What is illusion and what is reality? In this answer lies your shift. Your body, your thoughts, your emotions, your beliefs, all will tell you that the reality that you are experiencing is a

significant reality. Your body, your thoughts, your emotions, your beliefs, do not allow you to consider any event or situation in your life as an illusion.

Sitter: But, you can and do realize it but still (inaudible) after some time?

When you have shifted into the 4th dimension. And that is why we continuously state: Shift the focus! This is what we mean. Shift the focus. This (pointing to the body and the room around) does seem real, but shift the focus to: *I am aware it is illusion*. This awareness cannot only remain intellectual. As soon as you recognize that this does seem real, in that word “seem”, you already imply very clearly that it is not real. As soon as you make this recognition that this does seem real, but *I am aware it is illusion*, you cannot stop there. Instantly, look for the illusion! Example, there is an illness, there is a disease. No one will argue with you that that is very real, in the densest possible form real, for it is within the body. In every dimension, there are strata going from dense to light, and the body is the densest of the 3rd dimension. So the reality of the illness is the most potent, a reality that you cannot ignore. And you should not ignore a disease. In fact you should recognize that that disease seems real because you have not yet identified the illusion. Every disease, every pain, every point of numbness, or illness in the body is an indication of an illusion you have not recognized.

Sitter: When you say you have not recognized, it is not the intellectual recognition, it is ---?

It is planetary conditioning. In order for the human race to survive for so many eons in the 3rd dimension, there needed to be a planetary consciousness of a reality that is a ‘seemed reality’, but is in fact an illusion. But now comes the time to shift. You are still caught in the time-space continuum so use that to your advantage. Set yourself, individually, a time frame by which your predominant frequency band should shift to the 5th dimension. If you have a time frame and a goal, and a focus upon that goal, you shall proceed in that direction. Do not look now at the other peripheral dualities. Male and female, good and bad, right and wrong. Irrelevant! These shall not go! However much you strive towards eliminating these, these shall not go till the root duality---illusion and reality---goes.

Sitter: Our physical bodies, everything is energy, everything is source, even matter right? So... What I feel is that we are in an illusory world because we do not go beyond the physical. But isn't this also in a way real?

Of course it is! And of course it is still Source Light. However densely packed, it is still Source Light. But it is this Source Light that has, because of its denseness and darkness, taken on layers upon layers on non-light. The journey of ascension is to move from the ‘I am not’, the non-light, into the I AM, the Light. And yes, of course we do agree, all creation is Light creation. But even though the ‘I am not’ is light creation, the journey, the shift, the ascension, the evolution, is to move from the Light creation of ‘I am not’, to the Light creation of ‘I AM’. Now, recognize what is third dimension. Is this body 3rd dimension?

Sitter: Yeah.

No! This is a form existing in the 3rd dimension.

Sitter: So you can in fact completely change it, you can make it grow.

That is right! This is not 3rd dimension, so you do not need to die in order to be 5th dimensional beings of light. This is not the 3rd dimension, the body is not 3rd dimension, the floor that you are seated upon is not 3rd dimension. It is all existing in the energy frequency band that you have called

3rd dimension. And this body and this floor and these walls shall remain, but as soon as they exist in your reality of 5th dimension, this floor and this wall shall not seem solid. They shall not seem hurdles to you. They shall no longer remain as boundaries, because you shall have no boundaries even though you exist in a physical body.

Sitter: So you convince the mind?

You cannot convince the mind.

Sitter: Will it then be possible to float through space?

There is no movement in the 5th dimension.

Sitter: Just stillness?

You go nowhere. What you desire comes to you.

Sitter: So in the 5th dimension there would be no distance?

None at all. Because you would recognize that this body is not a 3 dimensional body at all. It is a vehicle. It is a vehicle that can exist in any dimension you choose to exist.

Sitter: Is the way to make that shift to recognize ourselves as source light? No, even if it's intellectual start...

If it is intellectual, it is not a start.

Sitter: So maybe by manifesting little by little....

Absolutely! It is only by the experience, not by intellectual knowing. If that were true, then the entire world would only be in a space of Source Light, for much is known already. In the 3rd dimension, what are your thoughts? The thoughts are - *I am a person. I am married/ I am not married. I have children. I have a job. I do not have a car. I need your validation. I need to be loved. I am healthy/ I am not healthy. He is rude, and she is mean. This is good and this is not good. He is honest and she is corrupt.* These are your thoughts. So with which mind, beloved, are you going to start the journey? With a mind that is completely imbued in 3rd dimensional thought. No, the mind is not the place to start. The intellect is not the place to start. It is pure experience. And it is ironic that you should ask where to start because you have already started, all of you.

You did not ask *where should I start*. You started because you already knew where to start. Why? Because the 5th dimension energy band also resides within you here, now. The 4th dimension energy which helps you to understand, to distinguish illusion from reality, is that dimensional energy band that takes you, pulls you, from the 3rd dimension. And in this energy band, beloveds, exist healers, psychic workers, so called channels, all those who believe in magic - not magic that is sleight of hand - but magic, divine magic. Here also resides that magic which is black. That black magician is also in 4th dimension transition to the 5th. Just as you, all of you, who practice white magic. The reason is, the 4th dimension allows you, encourages you, and teaches you to 'manipulate' energy. Why is this necessary? Because in the 5th, there is no talk, there is no emotion, there is no movement, there is no thought. There is only energy 'manipulation' as you desire now.

Sitter: But that can also be used for the wrong?

The black magicians cannot transit into the 5th.

Sitter: But still there will be very few in the 5th.

Yes, initially, but as your band increases, the crowds will gather. Why have we been pushing you, and pushing you, and pushing you? Why have all our discourses been only about your self-awareness, self-empowerment, self-light, self, self, self? The Universe now needs you. Not 3 dimensional beings, but such beings that not only believe that they can exist in the 5th, not only desire to exist in the 5th, but know and experience that they are existing in the 5th. All other knowledge now is superficial, irrelevant, not significant.

Sitter: You need these bands to change the situation on Earth as it is now?

Nothing shall change beloved. Nothing shall change, till we have a critical mass of bodies that have changed. And then that critical mass that exists in bodily form in the 4th and in the 5th, that critical mass of energy will do what energy does. It radiates, and as it radiates, it shifts. It shifts the hurdles in the way. You talk of corruption, but you corrupt yourself. Your thoughts are not pure. You talk of forgiveness, but you live in anger. Your emotions are not pure. So you have to ask this of yourself at the end of every day, and the only way to make this journey is one day at a time: *today, what was my predominant energy band?*

Sitter: We are in a way, our bodies, our energies are a hologram right? So we have these bands of the 3rd, the 4th the 5th- I remember you even saying that we have even the 6th and the 7th. And yet we are so 'physical' ... I don't know how to explain it. Why are we this way?

Planetary conditioning. Planetary conditioning. Your roots go deep down into the 3rd dimension. You now have to gently work upon these roots. Visualise yourself like a large banyan tree, its roots spreading wide and deep. If you are to uproot that tree and cut the roots, the tree will die. The roots have to be gently gathered if the tree has to be moved elsewhere. So you have to work at planetary conditioning. That planetary conditioning that makes you think and feel like a mortal, like a limited being. That gives you a disbelief of your spiritual vastness. So many have been on this journey of opening up and activating the 3rd eye and the crown chakra. But where has it really gotten you? What are you really doing with it? Planetary conditioning is very very strong.

You had mentioned that the planetary conditioning would not be strong now.

Beloved, the planetary conditions have changed, the conditioning has not changed. How can the universe change your conditioning beloved? We have brought in higher rays that can facilitate the loosening, the removal of the condition. We have given you tools to recalibrate your entire chakric system. Every tool has been handed down to you. But that is all the universe can do. We cannot pull the thoughts out of your mind. We cannot pull the emotions out of you. Were it possible, we wouldn't need these discourses.

Sitter: So it's the planetary conditioning that sort of limits us, and yet, we are the ones who have changed this planetary conditioning.

That is right. And so, the simplest way is to become aware that you are caught in the 3rd dimensional 'seeming reality' energy, to remind every cell in your body that this is only illusion and as we said earlier, look for the illusion. The illusion- *I am sick! I have this disease! Illusion!* But the more times you say that, the stronger the 3rd dimensional seeming reality. *I am having a quarrel. I do not have money.* Shift!

Sitter: So affirmations work.

Not only affirmations. Affirmation, and then living that affirmation, beloved. Most people believe that this word, this sentence, shall do the trick. But beloveds, the third dimension is not the dimension of magic. It is the dimension of denseness, materiality. In order to experience the magic, you have to move into the 4th dimensional frequency band. In order to move into the 4th dimensional frequency band, you have to locate the illusion, for the 4th dimensional energy band works on only one law. All is truth. There is no other law. All is truth.

As soon as you begin a relentless search for the illusions, you have automatically shifted without doing anything. That is where beloved, the journey starts. Looking for the illusions. And you will uncover them tiny layer by tiny layer. But, as soon as you have uncovered even the most minuscule layer, you must then live by it. If you do not, you shift back into the 3rd dimensional energy band. And as you live more and more in the 4th dimensional energy band, that becomes your predominant energy space.

Haven't you noticed, when you are healing someone, when you are doing light work as you have called it? Two hours after that you are in a space of bliss. Nothing seems to bother you. You are balanced. You feel light. Why? Because while doing the light work, you shifted completely into the 4th dimensional energy band, and that energy frequency still remains for you. We now desire that it should remain for more than 2 hours. And if you find that you are moving away, instantly find some light work to do. There is so much light work to do. Just sit and send light to the Earth. To victims, to survivors, to perpetrators. The more time you spend in the 4th dimensional energy band, the quicker will you learn energy manipulation in its divine sense. And then the hours spent in that space get longer and longer. Life in that energy band gets more vital, more real, more true. And the portal opens for the 5th dimensional energy band, the energy band of light.

Olden religions have spoken of heaven. What is this heaven? The 5th dimension. But they gave you an impression that you have to die and go to heaven. For that was the level of evolution then. And we tell you, yes you have to die. You have to die as 3rd dimensional beings but live on in your body. And if you ask us if this is possible, our answer will be an emphatic 'yes'. And if you then ask us if this is possible for you, our answer will be an emphatic 'yes'.

Sitter: I just wanted to ask if there are physical places as of now where this can be facilitated?

No. The journey must begin in daily life.

Sitter: Then we will stop requiring food and money?

Everything. Now let us talk about these choices that you make as she said of food and money. These are very big choices and right now, in your world, they are rather significant. These are systems on the verge of collapse. But when pillars collapse, they create a lot of dust and chaos and noise and rubble. And you can scuttle in fear, or stand still in Light. Choice.

Let us talk about choice in the 3rd dimension. The 3rd dimensional being has no, we repeat, has no divine choice. You believe, you think, you are choosing. You are actually being pulled by the subconscious mind. You are being tugged by the intellect. That is not choice. Genuine choice only exists in the 4th dimension. Let us explain. You are healing someone, and you understand that healing is very often moving the energies out of the physical body. That is the choice of the 4th dimension. To do or not. Not from fear, not from conditioning, not from the need to look good. But

from an understanding of the energies that are. Just as the 3rd dimension has no divine choice, the 5th dimension has no choice at all. It does not need choice beloved. It does not need choice. It is!

Sitter: If you've reached that, help those in the 3rd?

Of course you can.

Every transformation needs a critical mass of front runners. When your Earth was populated, the Ashtar Command populated in different forms. And when the critical mass of humanity and other earthly forms was reached, the Ashtar Command left. Their energies populated the Earth, and your energies shall recreate a population on Earth. Time and space shall continue to exist in the 4th dimension, but it shall be not past, not future. That linear time is only 3rd dimension. The time that exists in the 4th dimension is Now. And that is divine choice beloved. In the Now, what is true? When you are predominantly in the 3rd dimension, what you think is true exists in a past or in a future that has not even unfolded itself. *If I have that piece of cake, I shall fall sick.* Because you did years ago. *If I have that piece of cake, I shall grow fat.* A future that has not even unfolded. What is true in the Now? When you know what is true, and when you can differentiate from illusion, then you know there is not fat, no thin. There is no illness, there is no health. These are only what you call the earthly choices. These are not choices at all. It is the choice of deciding between two of lesser evils. Divine choices are when the truth of two energy movements can be experienced instantly. And the choice is based upon which energy movement to predominate with.

Many who have had near death experiences have often spoken that they passed through a tunnel, came out into the light, and they all believed that they reached heaven. In a sense, yes. What they travelled through, were energy bands. Their own energy bands. And when they see magnificent beings waiting for them at the other side, it is their own 5th dimensional frequency energy giving them an imagery to say: move through this tunnel, the 4th dimension, and come to light, the 5th dimension.

Sitter: But can people co-exist on the 5th dimension and the 3rd?

Very, very difficult.

Sitter: Remain with the family members in the 3rd when they have moved to the 5th?

That is the greatest challenge. But this challenge is largely overcome when you predominantly exist, (and by predominantly we mean more than 85% of the living existence) in the 4th dimension. Then that dimensional energy will start radiating to the family members still caught in the 3rd. They may resist and pull and tug and fight, but energy recognizes no boundary, no walls.

Sitter: Aren't relationships also illusions?

All. In the 5th dimension, there are no relationships. Only complete detachment. This starts in the 4th, because in the 4th you recognize what is true in the moment. And so, what is true in the moment is neither loss, nor grief, nor separation, nor death, nor conflict, nor strife. What is true in that moment, is that you are aware, as your 4th dimensional frequency vibration, you are aware that the other is seeing their reality as pictures. And those pictures seem real to them. And you can see the pictures and see the illusion of them. And you neither desire to change that reality, or seeming reality, for them, nor do you desire to move from your place of truth.

Sitter: But that leads to strife for the other person. And they get more upset because you don't get upset.

Of course. And that is wonderful. For beloved, in this world, conflict, inner and outer, leads to harmony.

Sitter: From a very practical viewpoint, when do you see this happening?

When do we see it happening? Or should the question be when do you set your time frame?

You can have your answer by moving into the 4th dimensional frequency band. When you are in a space of light, while meditating let us say- some experience that while doing yoga, pranayama, some experience that while dancing, singing- whatever activity of the 3rd dimension takes you into the energy zone of the fourth dimension is an activity of magic for you. Use that activity to reach the 4th dimensional energy space. 85% of every day. For if it is 85% of every day it shall be 85% of all time. And when you are there, ask for the time frame. And you shall know, for the 4th dimensional energy is the energy of truth. Pure truth.

Light be with you, for you are Light. Spread that light. Without fear. Without inhibition. Care not what others say or do. Those are their pictures of reality. You hold on to your experience of truth.

Be Light.