

**Subject:** The Fifth Dimension.

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June 14, 2012.

Do you remember, or are old enough to remember when the singing group called "The Fifth Dimension" sang the song, "The Age Of Acquarius"? Shirley M. came down in fake flying saucer during the Sperbowl football in the collusium of Los Angles. It was a great day to behold.

The following information is how to attain the Fifth Dimnsion. Let's hope we make it together.

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An excellent message. I highly recommend it.

J-nis

Inter-Dimensional Communications

By Dr Suzan C-roll, May 28, 2012

<http://www.multidimensions.com/>

Greetings,

We are the higher frequency expressions of your M ultidimensional SELF. We come into your consciousness now as we see you are ready to ascend. In fact, many of you have felt as though you are on the cusp of going somewhere, knowing something and/or experiencing a version of your SELF that you have forgotten over your myriad incarnations in the third dimension.

You can feel that expression of yourself, as well as the courage, dignity, power and unconditional love of that expression of your SELF, just beyond your reach. Of course, you have learned, finally, that reaching is a third dimensional paradigm.

In the fifth dimensional paradigm you shift your reality, not by trying and working hard against resistance. On the fifth dimension you shift your reality by flowing in the current of multidimensional light and unconditional love, as you surrender to each and every situation that you meet/create.

Meeting/creating is the basis of the paradigm shift. In the third dimension, you meet, run into and wait for that which you WANT to experience. On the other hand, in a fifth dimensional reality, you follow, flow and surrender into each pattern that you Know YOU have created with your thoughts and emotions.

From the fifth dimension you can observe your third/fourth dimensional expression trying NOT to try and fighting that moment of surrender. You are having this struggle, not because you are afraid, but because your third dimensional habits still dictate your behavior.

As you move into the fifth dimension, your every thought and emotion becomes manifest. In fact, that is occurring right now, but there is still enough left of ♦time♦ that you don♦ always realize the connection between your thoughts/emotions and the reality that you have created.

Now that you are on the very cusp of the fifth dimensional paradigm of reality, your thoughts and emotions are manifesting faster and faster.

Hence, the time between thoughts/emotions and creations is closing.

Unfortunately, many of you have not, yet, become Masters of your Energy. Because of this, some of your thoughts and emotions are still fear (ego) based. Fear/ego based emotions encompass fear, anger, sorrow, rage, anxiety and depression. While the energy pattern of your consciousness still contains fear-based thoughts and emotions, you create a reality that is third/fourth dimensional because the resonance of your consciousness is too low to adhere to the fifth dimensional matrix.

Your resonance must match the resonant frequency of any given world in order for you to adhere your consciousness to the frequency patterns of that reality. Third dimensional patterns are angular, separate and oppositional, whereas fifth dimensional energy patterns are flowing, united and circular. It is not possible for an angular state of consciousness to adhere and flow to a circular matrix.

Also, ❖trying hard❖ to control your energy field will not work, for trying is a third dimensional behavior. You only ❖try hard❖ to do something because you doubt (fear) that you can easily do it. Think about it, if you know you can do something, you don❖t try. You simply do it.

Those of us, you, who have worn a 3D earth vessel for myriad incarnations, have forgotten the innate abilities that your earth vessel has hidden within its unused brain and turned-off DNA. Now, our Galactic light and unconditional love is turning-on this unused DNA and downloading and booting up your new Multidimensional Operating System. This System has lain latent in your human brain for millennia, but if you go back in your memory to the peak of Atlantis, you will remember how to use it.

You will also ❖remember❖ how to accept that your innate thinking is multidimensional. To think multidimensionally, you must release concepts that are bound by time, ego, separation, gender, polarity, opposition, as well as anything that is fear-based.

The challenge is that in order to release all fear-based thoughts and emotions, you must be conscious of them before you can choose to refuse to participate in them. In other words, when you catch yourself in the midst of a fear-based thought or emotion you must recognize that it is, indeed, based on fear. You may think this is an easy task, but it is not. Fear has become such an integral part of your third dimensional life that most of it goes unnoticed.

In fact, consciously identifying any form of fear can only occur when you are NOT trapped in the 3D Game. As you have all experienced, it is not difficult to recognize fear when you are in a high state of consciousness. For one thing, the juxtaposition between the unconditional love of your higher consciousness and fear is very obvious.

Furthermore, when you are experiencing unconditional love, it is a simple task to release fear by unconditionally forgiving yourself for experiencing it. Unfortunately, you only have a few of your ❖minutes❖ to become conscious of your fear, as the fear will release adrenalin into your system

which will lower your consciousness into the third/fourth dimension.

Once your consciousness has returned to the resonance of your 3D reality, it is very difficult to unconditionally love yourself free of fear. In fact, once in a state of third dimensional consciousness, you are more likely to judge yourself for having fear and to become angry (fear-based) at your self for doing it AGAIN.

We, your higher expressions of SELF, understand your quandary. Once you return to the habit of being third dimensional, fear and self-judgment are the first to meet you. Because of this problem, we wish to give you a leg-up into the next resonance of your journey.

We, who are actually YOU at a higher frequency of resonance, are lowering our resonance to meet you in-between that which you can almost feel and that which you are living. We know that you cannot feel our presence when you are trapped in fear, work, conflict, time, loneliness and other third dimensional experiences.

However, within the very second that you can release yourself from this trap, we will step-into your consciousness. You may wonder how we can step-into you. Therefore, we will answer that question. We can step-into you because you have given us permission to do so.

Since Earth is still a free-will planet, you must give us, who are actually you, permission to step directly into your consciousness at the very second that you identify and release all expressions of fear. Therefore:

Take a moment and give us that permission NOW  
FEEL our presence just before you  
How do we appear to you?  
How do you see us?  
How do you hear us?  
Reach out and touch us  
Allow your aura to expand to meet ours  
Open your heart and mind to experience our unconditional love  
Surrender to that feeling of unconditional love and multidimensional light  
Fall into the Flow of our (your higher) Being  
As we Step-Into YOU  
Only fear, and its best friend self-doubt, can interfere with this process.  
Remember, the right way to do this is Your way.  
YOU are your Path of Ascension. YOU are the Portal to your Ascension.

The 97% DNA that is now being turned-on by the incoming light and love is filled with miniature wormholes into the multidimensional world that has eluded your conscious perception. Additionally, your Multidimensional Operating System is being connected to and over-riding your Third Dimensional Operating System every time you Surrender to your higher frequency of SELF.

Part 1.

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