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Module 1 – Lesson 1: Our Multidimensional Nature

First we must look at the nature of reality as we understand it today. Outside of mainstream culture there's a growing consensus that we are all One. That there is only One consciousness in creation and that is Us. The greater Us, God. It's generally understood in metaphysical, spiritual and some cutting edge science circles, that our reality exists within us, and we create what we experience through the vibrational frequencies we emit, based upon our thoughts, beliefs and emotions.

A few simple laws give us a framework for understanding reality. These are the only laws fundamental to creation. They exist throughout creation. Anything else is not a law of creation. For example: The law of gravity is only relevant in certain dimensions such as our own.

The 5 laws of creation:

1. If you exist you shall always exist. Existence cannot become non existence.
2. There is only One Consciousness in creation and that is Us we are all One and we are Eternal. Everything we experience is experienced within our consciousness like a dream at night. Separation is an illusion of our dimension!
3. We create our reality vibrationally through the frequencies we emit, based upon our thoughts, beliefs and emotions. Life is a mirror, what we put out is what we get back.
4. Everything exists here and now as Us.
5. Everything is passing, that which comes goes. Everything is just a passing moment within our consciousness. Everything changes except the first 4 laws.



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A Shift of Perspective:

The transformation of consciousness we're currently undergoing is the shift from the perspective "I exist within reality", to the perspective, "reality exists within me". It's the shift to the next density of human awareness. A quantum leap in our understanding of who and what we are. The 5th Dimension (a term I prefer not to use for reasons I will outline in the next section), The Age of Aquarius, The New Age, The Shift, The Awakening. These are all terms used to describe the collective remembering of who we are and why we're here. The realisation we are all One and we have a higher destiny to uplift this civilisation into the next dimension.

Back in 2006 the book and subsequent movie *The Secret* made the term, "law of attraction" the latest buzzword in the spiritual community. As a short side note I believe the reason many of us struggle to make "The Secret" work, is due to subconscious trauma patterns that block us from thinking positively in our conscious state. This is beyond the scope of this course.

The idea, as we've stated before, is that reality exists within us much like a dream at night. And we create what we experience through the focus of our consciousness. If we have good thoughts, stemming from positive beliefs we'll have good experiences in the world. If we have bad thoughts, stemming from negative beliefs, we'll have bad experiences in the world. It's important to remember as we progress through the course material that reality exists within us. That the ships are appearing within our consciousness. And that actually what's happening is that we're raising our frequency to a new dimension of human awareness where we can perceive the ETs in their own dimension.

Most people in the Ufology world believe that ETs are coming to our World from another dimension, (or planet). What's actually occurring is human consciousness is expanding into a dimension where the ETs have always existed. As we go through this collective shift of consciousness on Earth the ability to create our reality is becoming more and more available. What we focus upon manifests faster and faster. So understanding and utilising the manifestation process, the law of attraction, the idea that the frequency we emit denotes the frequency that comes back - the reality we experience, is critical in understanding how we move towards open contact.

