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Module 1 – Lesson 2: The 7 Densities of Creation

Hey guys, welcome to lesson two. There's a huge amount of information in this module. This is the last time I'll be loading so much on you in one module. Don't worry if any of the last two lessons has gone over your head. You don't necessarily need to understand all of this for the rest of the course. This is background and framework, the parts of this information that are most relevant for the course I'll be explaining further. It's actually fairly straightforward when we begin to get our heads round it. Also the information will be sinking in on many levels of your being, vibrationally, energetically and on many levels of your soul the information is subconsciously sinking in, trust me;). And I'll be giving direct experience meditations so you can begin to experience these concepts for yourself. These first lessons will make a lot more sense later after we've done the meditations and begun to feel into what we're talking about for ourselves. So just chill as you move through this material understanding you don't need to get it all straight away!

The 3D Earth Matrix

The Matrix is the manifest universe as we know it. Consciousness exploring reality in every way it can, meeting itself from different perspectives, crossing over itself again and again, creating the illusion of the physical world as we know it today.

What many refer to as the Matrix is the collective consciousness of Earth. The reality we create for ourselves through our collective vibrational output. The current experience on Earth is the result of the collective beliefs, perspectives & focus of humanity.



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The more we focus on sharing love and light wherever we go, the faster we accelerate the collective conscious and the transition into the next level of human awareness. And the faster people will discover their own gifts to assist the unlocking of the old Matrix and the birthing of the New.

Much in the same way as when we look through a prism, light is refracted into the seven colours of the rainbow, pure consciousness splits into seven dimensions or “densities” of light. We also see this mirrored in the Chakra system of the human body. Each chakra is reflective of each one of the Seven Densities of consciousness. The Densities model gives us a template for understanding the levels of consciousness in reality. Many people talk about dimensions of consciousness and the current shift into the Fifth Dimension. The Fifth Dimension is the dimension of non-physical consciousness. This is not where we’re headed. We’re transitioning into Fourth Density, a dimension where non physical and physical consciousness are blended. Where we fully embody our Infinite Self and are fully attuned to the consciousness of our Higher Mind – yet still operate in a physical body. Here the laws of physical reality are very different from Third Density. So where I speak of Fourth Density understand this this is the level of consciousness humanity is currently transitioning into. What some call the Fifth Dimension, a term I prefer not to use as the term is scientifically confusing.

“Density” refers to density of light. As we raise our frequency into higher dimensions of consciousness we experience a higher density of light photons in our reality. First Density has the lowest density of light particles and seventh density the highest. This is what creates The Matrix, the illusion of physical reality. Frequencies, rays of light, or what we may call pure consciousness begin to meet creating a third perspective which is the birthing of the illusion of physical matter, The Matrix. It’s consciousness meeting itself from different perspectives, creating new third perspectives, crossing over again and again creating a matrix of



consciousness that eventually, linearly speaking, births the creation of the universe. Where frequencies are low, where there is lower density of light creating matrices, we experience the lower densities of creation. The evolution of life is light meeting itself faster and faster, growing in experience, understanding, consciousness, frequency and photon (light particle) density. These are the higher densities of creation.

The 7 Densities

First Density: Beingness/Awareness

First Density is the density of rock, mineral and elemental life – earth, air, fire and water. All densities in reality are conscious. Consciousness is constant to all of Creation. First Density is exploring the idea of existence, of pure consciousness, pure awareness. Experiencing being for the sake of experiencing being.

Understanding what it means to be conscious in a physical reality matrix. This is primordial consciousness, the pure awareness of our infinite self in the form of the elements. After several million years linearly speaking First Density begins to expand and grow in consciousness. We see this in the idea of crystals. Crystals are First Density entities evolving and beginning to move towards second density. Crystals grow, First Density is beginning to explore movement, it's beginning to evolve to Second Density.

Second Density Growth/Movement

Second Density is the level of movement (early stages), and the exploration of individuation (late stages). It's consciousness, (Us, Source), having learnt everything it can about First Density and Pure Awareness beginning to explore new ideas and perspectives, the perspective of movement and growth. It's still pure



consciousness, it hasn't entered the confusion of Third Density yet, it moves intuitively with the natural tides and rhythms of life, it's still directly plugged in to the mother board of All That Is.

Vegetative life appears, eventually evolving to produce flowers, then into simple lifeforms, bacteria, algae. Eventually growing into more intelligent beings such as Apes, mocking birds, and our family pets. Incidentally I believe Dolphins and the Cetacean Nation are more Third/Fourth density beings, closer to our own consciousness or higher. Towards the end of Second Density animals, (pets) start to become self aware of their individuality through humans calling them names, the constant interaction gradually making them aware that they are a unique consciousness with a unique perspective. The shift to Third Density and the idea of individuation and autonomy has begun.

Third Density: Self Awareness - Choice - The Veil of Forgetfulness - The Mind, Body, Spirit Complex

Third Density is the most intense density, it is the period in which we grow fastest as souls. It is the only density in which the darkness and the light can coexist alongside each other to such an extent. As the shift into Fourth Density accelerates we're already seeing the splitting of realities to the point where consciousness is becoming much lighter, uplifting and empowering on Earth. Those beings that either chose to remain living in fear and control, or were so lost in their mind that they couldn't begin to make the shift, these beings have already shifted to significant other parallel realities. And are unlikely to be able to access our dimensional Earth due the rapid increase in frequencies. The darkness and the light begin to repel one another once they reach a certain frequency and density of light. That threshold is the density of light we're moving into right now! So you can begin to see that if we're moving through billions of parallel realities a second, some people focused intently on darkness, and some intently on light, how the two would



begin to diverge into very different timelines. Timelines of very different frequency where interaction becomes highly unlikely.

Third density is about making the choice between service to self and service to others (or service to the collective & The All). As a Third Density entity evolves it becomes more and more aware of its ability to make it's own decisions. And towards the later stages of Third Density, more and more aware of the implications of its own choices.

The Third Density journey is learning the polarity of dark and light and our free will to choose that we prefer. The more we grow in intensity and passion for life, whether through the negative or positive path the more we grow in consciousness and the more we become aware how we create our reality. At this point on the journey we become more aware of the contrast and more aware of the option to choose. Third Density is the density of contrast and polarity.

Third Density is also the shortest density at around 75,000 years and the density of fastest growth. We grow and learn much faster in 3rd density than in any other density, particularly higher densities, due to the intense contrast offered to us by 3D. The *veil of illusion* causes us to believe in fear and separation. This gives us the opportunity to explore many things we can't explore in higher dimensions. Such as high levels of suffering. This suffering is the contrast that gives us the opportunity to ask the questions, who am I? Why am I suffering? What's the way to happiness? Driving us to seek the answers – leading us to evolution. You may notice yourself, that your greatest periods of spiritual growth have come out of the most difficult periods in your life. The veil of forgetting, the veil of illusion, allows us the opportunity to experience fear, separation, and the negative emotions that give us the contrast to seek deeper meaning in our life. The beginning of the remembering there is something more to life than the just physical world. We begin to question everything. We no longer automatically accept what society tells us to be true.



We've begun the shift into higher perception. Collectively we seem to be entering this phase right now! People are beginning to question their reality! The beginning of the shift from third to fourth density the level of humanity. The level of self awareness. The level of free will and choice. To choose whichever reality we prefer. The lesson of third density is the lesson of unconditional love. And the realisation that we create our reality through what we choose. The final lessons of third density are the choice of love and fear. We can embrace our reality with unconditional love or we can choose the path of fear and domination. We can ascend into Fourth Density negative through praying on others fear to amass power, energy and material wealth. Or we can choose the path of love and light. Incidentally the negative path is always fear based because it's based in the fear that our reality won't support us. Us that have chosen the love light path trust in the understanding, that our infinite creator (ultimately us) is always giving us exactly what we need in unconditional love. The final lesson of third density is the choice whether to follow the dark or light path. The path of fear and control and service to self. Or the path of Love and light and service to others through compassion and unconditional love.

There is a confusion on this path that partially stems from apparent differences between two of the most widespread extraterrestrial channeled materials. The Law of One – The Ra Material and the Bashar channelings. In the Law of One Ra talks about the idea of Service to Self and Service to Others. The idea of the Love/Light path and the Fear/Darkness path. That some beings in creation through being negatively oriented, through selfishness, greed, control, manipulation and power over others are able to ascend through the dimension of consciousness according to the dark path. While those of us that are Service to Others oriented operate through love compassion and helping others.



The Bashar teachings tell us always to follow our highest excitement moment to moment to the best of our ability. I remember people would ask Bashar about Service to Others vs Service to Self and he would always say Service to Self is Service to Other because there is no separation you are all one. Bashar here is pointing to the idea that when we are following our highest excitement we are tuning into the guidance of our Higher Self and this is always of the greatest service to all beings in creation. Because Higher Self has the bigger picture and knows how to serve all in the best way possible. So when we are following our highest excitement we're being of Service to Self, Service to Others, And Service to All of Creation in the Highest Way Possible if we are truly aligned with our higher excitement.

This is different to the negative Service to Self Path where beings focus on a kind of self love through instilling fear in others so they can gain power, financial control, domination etc. This negative path is passion for life, passion for self preservation, and passion for growth and exploration of creation. This creates an increase in spiritual consciousness which allows the entity to evolve through the higher dimensions.

I hope this gives you some clarity on the difference between the Dark Service to Self path and the Light Service to Others Path which involves connecting to Higher Self and receiving downloads and excitements that serve All, including ourself.

We're now entering the most intense and transformative phase of Third Density as we begin to shift into Fourth. This phase is akin to a camel passing through the eye of a needle or a diamond being forged from carbon under immense pressure in the centre of the Earth. Everything we experience is compressed and intensified to the point where we learn life times of Karma hundreds of times a day. At some point we reach a kind of event horizon and pass through the eye of the needle. Everything we thought we knew compressed into an entirely new synthesis of



creation. Our beliefs and perspectives left on the other side, birthed anew as pure pristine consciousness. We are Fourth Density aware.

Fourth Density: Love – Understanding – Compassion – Unity Consciousness – The Social Memory Complex

Fourth Density is the dimension of Unity, Unconditional Love and Transparency - the realm of the Social Memory Complex. Third Density is the dimension of separation, competition, ego and the Mind/Body/Spirit complex. We're currently leaving behind 3D and the realm of the physical mind once and for all.

In Fourth Density we have a complete inability to be dishonest, honesty and transparency are two of the qualities inherent to this dimension. 4D is a heart based consciousness, we communicate heart to heart. The heart's wisdom is completely incapable of being dishonest as love doesn't know dishonesty. Love is Unity, Connection, Oneness and Truth, for Love is the frequency of Creation, and the only Truth in creation is that We are One.

With my own calling being "Unity Consciousness" I become more aware of why I am drawn to give this course on Extraterrestrial contact. I believe the dimension in which contact occurs may be one of the most powerful examples of emerging Fourth Density Consciousness in our reality. Love, understanding, compassion and unity consciousness are characteristics fully embodied by the extraterrestrials we're interacting with. The contact experience can and often does invoke an experience of higher consciousness where we understand we are One with all of creation and the ETs are part of us, part of our own Higher Conscious.

As the ships enter our reality they bring with them a higher frequency and a higher density of Light. As we rise through the densities density of light, photons,



increases. With this comes an increase in consciousness. As our energy bodies merge we become one consciousness with the interdimensionals. There is no separation between us and the extraterrestrials. We now KNOW we are One through direct experience. These experiences can be euphoric and expansive but also intense as subconscious fears and insecurities are forced out of our subconscious into our conscious awareness and our energy field by the sudden rise in frequency. At this point our frequency may lower causing a discord in vibrational match with the ETs, ending the contact experience.

Often in the days prior to a contact experience you will feel highly stressed. Two or three days before the contact occurs we begin to merge frequency with the extraterrestrials. We are beginning to resonate together. If you're suddenly becoming very emotional and stressed out the blue. This can be a sign you're purging ready for a coming contact experience.

Fourth Density is the density of Unity Consciousness. As we leave third density we begin to move away from the belief in separation towards Unity. And towards the forming of collective consciousness. This is the process we're currently going through on Earth we're evolving from the belief in separation to the understanding we are One consciousness that everyone on Earth is connected as a telepathic, (telempathic as telempathy issues from the heart through love and empathy). And as our frequency rises we are communicating on a Higher level. We are intuitively being guided to places to meet people synchronistically. We're having the same thoughts at the same time as people we know as we match frequency. And more and more we reflect back to each other, not our own perceptions, but a collective energetic understanding we have created within a group of friends within the moment. You may notice yourself saying things or acting in ways that you didn't expect yourself to act or say in a group setting. And afterwards your like "why did I say that I dont even believer that" or "why did I act like that that was weird". This is because were mirroring each others thoughts and emotions as we become more



transparent to our self as pure source consciousness. We're operating on a higher level. We are connecting with our friends on a higher level, evolving faster. Rather than being locked in our own limited beliefs and perceptions we are becoming a unity consciousness, a social memory complex as Ra calls it in The Law of One. When we come together in a group of High Consciousness friends we are now acting as one organism, one being. Especially if you have the same goal at the time. You will begin to merge frequencies and operate as a collective. You will begin to mirror each others thought, often reflecting back opposing views that you didnt think you help personally. This is because you are all mirroring each others perceptions within the group. You are evolving and coming to a new understanding on a higher level. You're higher consciousness has kicked in and we're thinking on a level the physical mind cant really understand. In this state our relationships are deepening and growing at a faster rate. And we're learning and expanding faster individually and collectively. This is the beginning of Fourth Density consciousness.

Fifth Density - Light - Universal Wisdom - Introspection

Fifth Density is a very inward and self introspective density. Think of the yogi sat in her cave in Tibet, spending many years going inwards to attain deep self realisations, that she can eventually bring back to humanity and the end of her life. This is kind of like fifth density, the consciousnesses still have form and focus in a dimension. Yet in fifth density they are non-physical and are able to project their consciousness wherever they wish. If you've ever done an Ayahuasca journey or had visions in meditation. This is very much what Fifth Density is like as I understand it. An inward journey to the centre of the Universe.



Sixth Density: Unity – Balance of Love and Wisdom

As we ascend from the heart centred consciousness of Fourth Density into Fifth Density we begin to explore the idea of universal wisdom. Sixth Density is the learning of the balance between the unconditional love and devotional compassion we learnt in Fourth Density with with wisdom of the intelligence of the universe we learnt during Fifth Density. With all the knowledge of the Universe under our belt, and the understanding we are all One. The only thing left to do is serve other beings in creation. We learn to share our wisdom with unconditional love, compassion and understanding for where all beings are at on their own journey. Sixth density is about being a hyper efficient vessel of service. Acting in the most efficient way possible to be of the greatest service possible in creation. Once we have learnt everything we can learn about service to creation there is nothing left for us to explore. We begin the merger back into Source (Seventh Density).

7th Density: Gateway – Completion – Merger into Source

Seventh Density is the completion of our Journey as a Soul. It is the re-merger with our true nature as Source consciousness. As we complete the Universe completes we complete too, for at this level there is no separation as Source. We've completed our journey of understanding that we *are the Universe* and we as the Universe disappear into the eternal void of absolute consciousness to dwell there eternally, and yet simultaneously birth again as a whole new Universe. Perhaps on a higher octave of consciousness taking with us everything we've learnt from our journey in this dimension!

