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Module 4 – Direct Experience Meditation 2 – Multidimensional Consciousness Activation

We can experience our self on many layers of our being from our Infinite Absolute Self to our physical body. In between we have Galactic Consciousness, Planetary mind, Over soul, Soul & Higher Self all of which we can experience our selves as.

As we feel into our energy body, how our energy body is connected to all energy and how our consciousness is in all dimensions, we can begin to feel into our higher bodies.

Galactic Consciousness: The Consciousness of the Galaxy. A reflection of our infinite nature in the form of the spiral of our galaxy. Infinite yet taking on a journey specific to this galaxy. As we connect to Galactic mind we connect with all the beings, star systems and everything that exists within that galaxy. We see our multidimensional nature as galactic consciousness.

Planetary Mind: The collective consciousness of Earth. When we tune to this perspective we sense into a higher collective awareness that we are as Earth. We tune into the consciousness of Earth/Gaia and all the



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beings that make up this world. We're able to see things from a higher perspective and it becomes more clear who we are and why we're here.

Oversoul: Within Earth there are several oversouls, an oversoul is a group of souls all exploring a similar theme. It's likely that we're all of the same oversoul as we share similar paths and interests.

Soul: As previously discussed our soul is made up of all past and future lives, parallel reality versions of us and incarnations in extraterrestrial and higher dimensions. How we experience connection to our soul is different for everyone. I feel things mostly, I feel into how all these lives within my soul are different frequencies, different energies, different perspectives, all coexisting here and now within myself as different aspects of my own energy and greater consciousness.

Higher Self: Our higher self is the part of us that contains all the knowledge of us as multidimensional souls relevant to our specific incarnation on Earth. It sees all past and future, it knows everything about us and understands the best direction for our own growth. It's the gateway between the wisdom of the soul and our manifestation in this physical reality. When we experience our self as higher self we are one with the natural flow of creation and always know the best action to take in each and every moment. All the wisdom of our multidimensional soul matrix intuitively guiding us in the most efficient direction.

