

## **5th Dimension**

Eternal NOW

Past-Present-Future is NOW

## **4th Dimension**

Random NOW

Glimpses of Past and Future

## **3rd Dimension**

Sequential Time

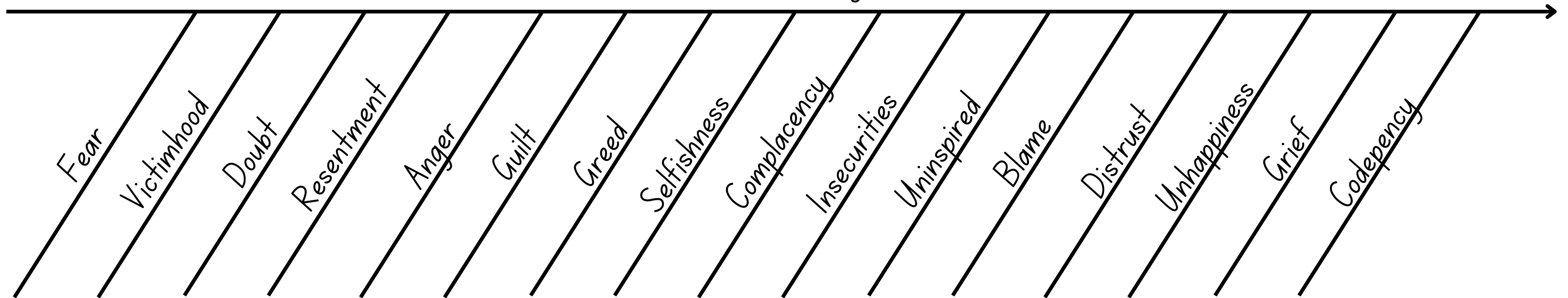
Past-Present-Future

*Source: Sheldon Nidle*

### 3rd Dimension (straight line)

Linear Thinking	Cause & Effect / Rules / Expectations
Ego-Driven	Status / Labels / Materialism / Service to Self / Seeking acceptance
Conditioning	Strong Belief Systems / Close-mindedness / Lack of Critical Thinking
Polarization	Judgement / Us versus Them / Separation / Duality
Low Consciousness	Control / Denial / Lack of Information / Dependent
Unbalanced with Energy	Overworking / Guarded / Lack of Trust / Fear-based action

Lower Vibrational Energies



On-script

# 3rd Dimension

What does a 3D life look like?

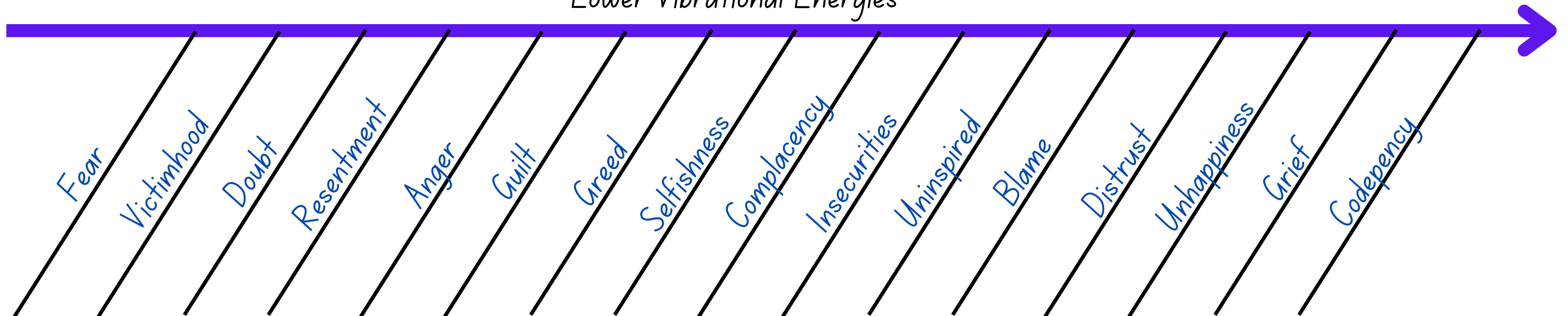
24 hour days

Controlled/Planned Environment

Living in a Circumstantial "Reality"

Repetitive/Cyclical

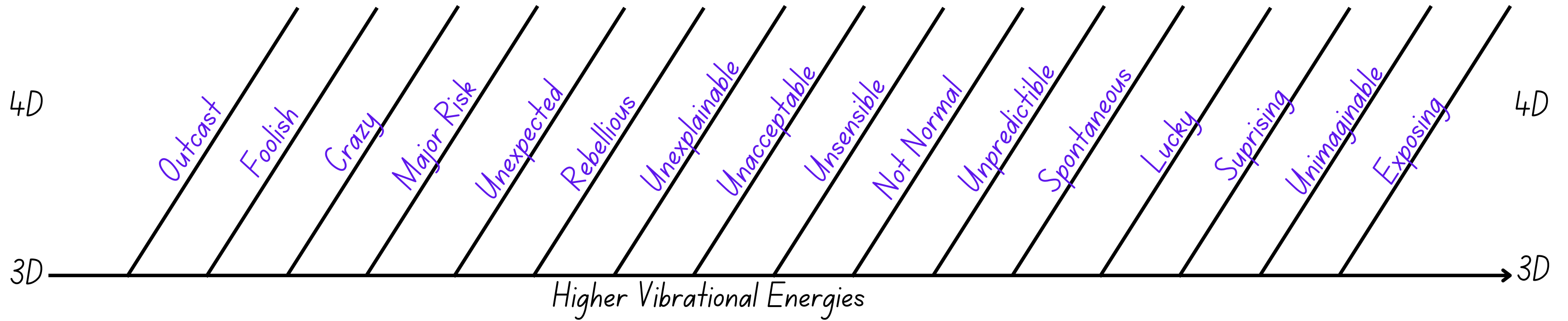
Lower Vibrational Energies



- Linear Thinking
  - Ego-Driven
  - Conditioning
  - Polarization
  - Low Consciousness
  - Wounded Masculine
- Cause & Effect / Rules / Expectations  
Status / Labels / Materialism / Service to Self  
Strong Belief Systems / Close-mindedness / Lack of Critical Thinking  
Judgement / Us versus Them / Separatism / Duality  
Control / Denial / Lack of Information / Dependent  
Overworking / Guarded / Lack of Trust / Fear-based action

On-script

4th Dimension  
(is not a straight line)



Flexible Reality

Self Love

Deprograming

Expanded Consciousness

Healing Masculine/Feminine

"I'll cross that bridge when I get there"

Healthy Boundaries / Aligning with purpose

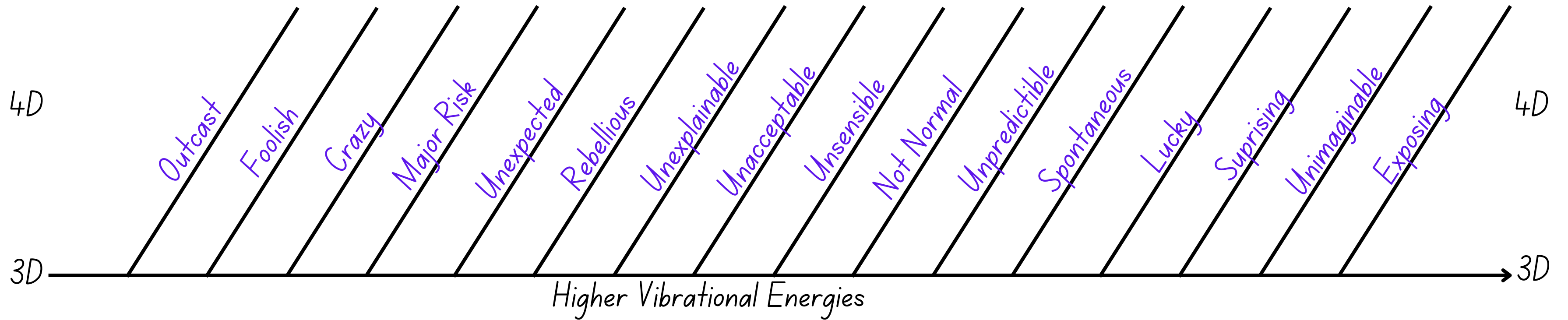
Challenges Old Belief Systems / Open-mindedness / Critical Thinking

Ask questions & seeks answers / Acceptance / Independent

Tolerant / Open / Trusting / Healthy Boundaries

Off-script

4th Dimension  
(is not a straight line)



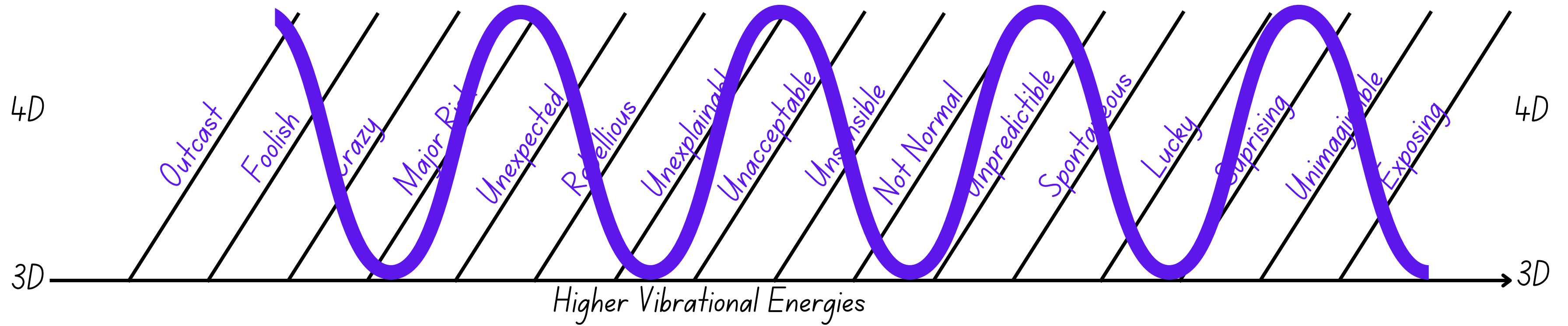
## What does a 4D life look like?

- Lose track of time or time is not a factor when planning things
- You are spontaneous and unpredictable and self-governing
- Self-sufficient and Independent mindset
- Breaking cycles

Off-script

4th Dimension  
(is not a straight line)

**Chart 1**



Flexible Reality

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Healing Masculine/Feminine

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Challenges Old Belief Systems / Open-mindedness / Critical Thinking

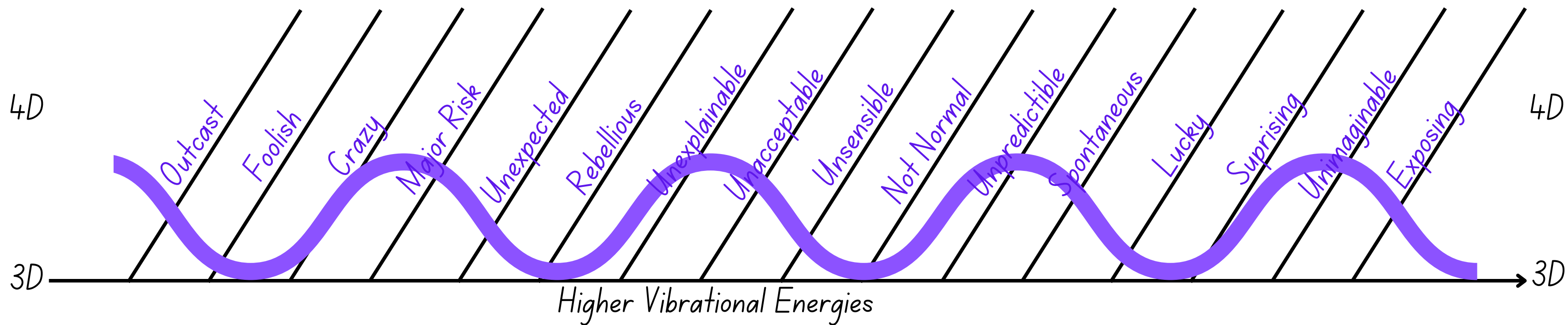
Ask questions & seeks answers / Acceptance / Independent

Tolerant / Open / Trusting / Healthy Boundaries

Off-script

## Chart 2

4th Dimension  
(is not a straight line)



Flexible Reality

Self Love

Deprograming

Expanded Consciousness

Healing Masculine/Feminine

"I'll cross that bridge when I get there"

Healthy Boundaries / Aligning with purpose

Challenges Old Belief Systems / Open-mindedness / Critical Thinking

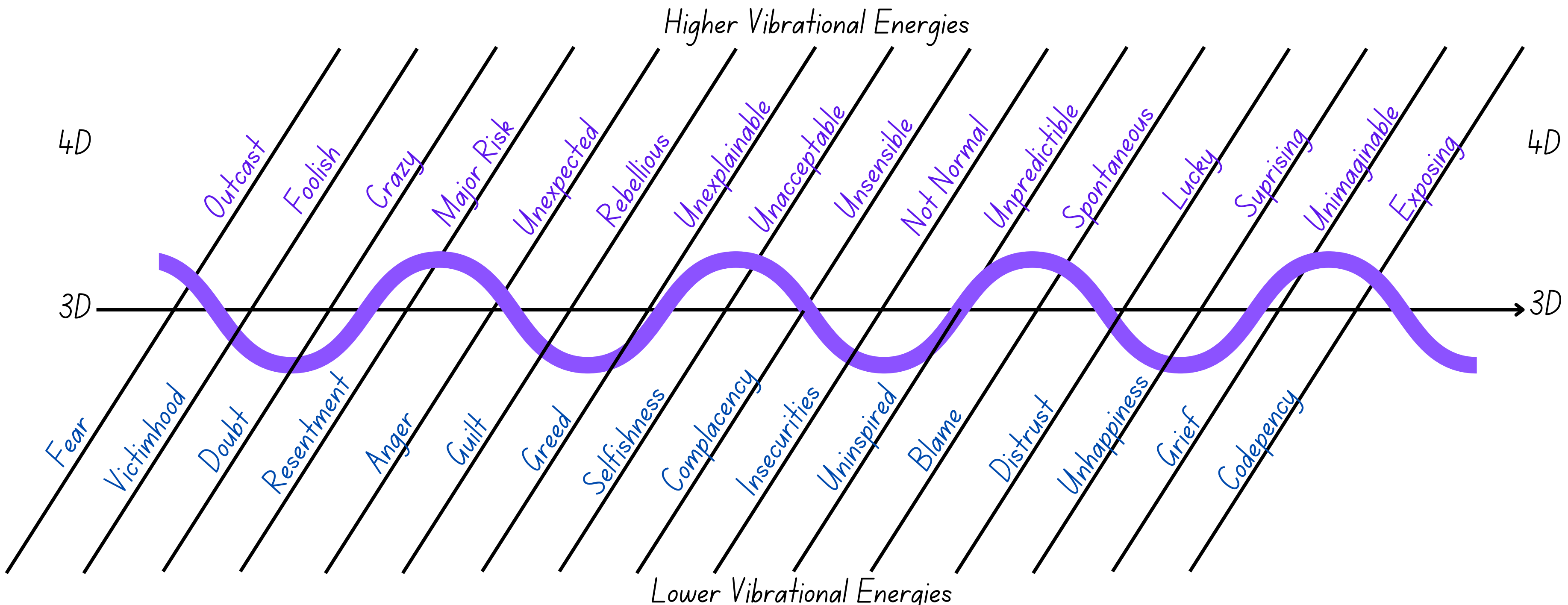
Ask questions & seeks answers / Acceptance / Independent

Tolerant / Open / Trusting / Healthy Boundaries

Off-script

# Chart 3

4th Dimension  
(is not a straight line)

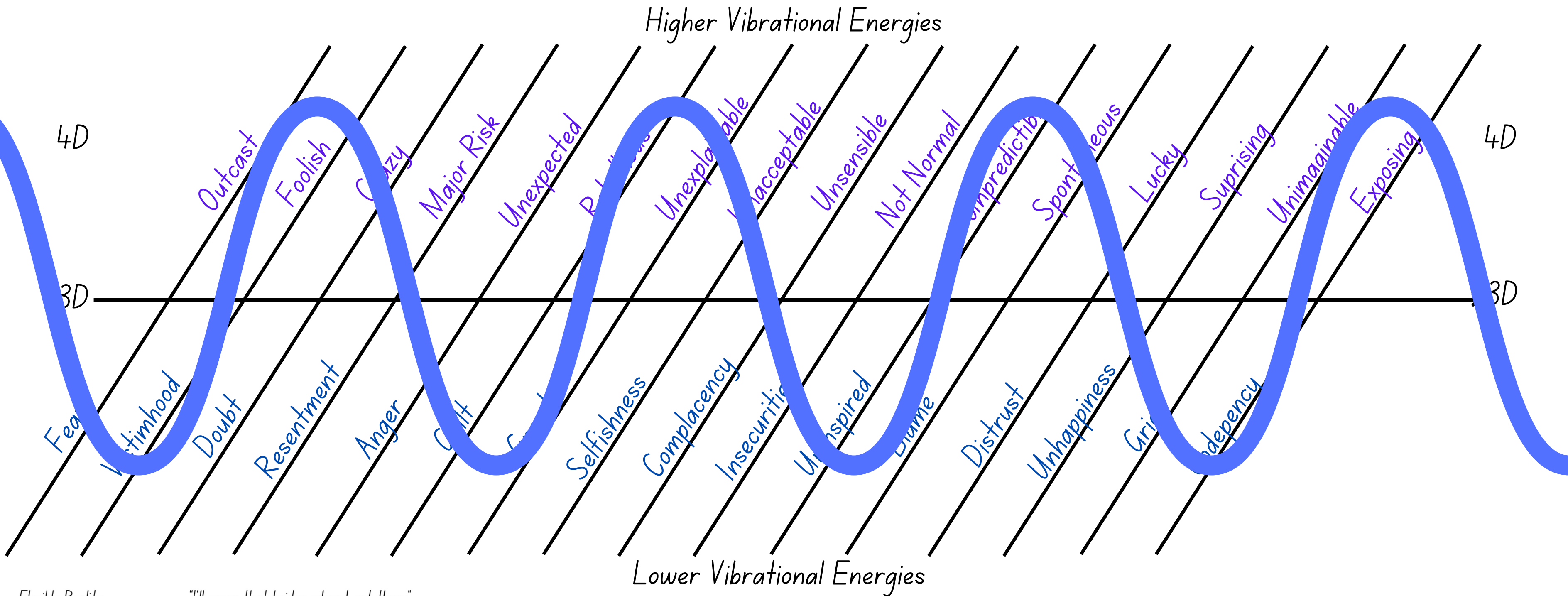


- |                            |   |
|----------------------------|---|
| Flexible Reality           | "I'll cross that bridge when I get there"                           |
| Self Love                  | Healthy Boundaries / Aligning with purpose                          |
| Deprogramming              | Challenges Old Belief Systems / Open-mindedness / Critical Thinking |
| Expanded Consciousness     | Ask questions & seeks answers / Acceptance / Independent            |
| Healing Masculine/Feminine | Tolerant / Open / Trusting / Healthy Boundaries                     |



# Chart 4

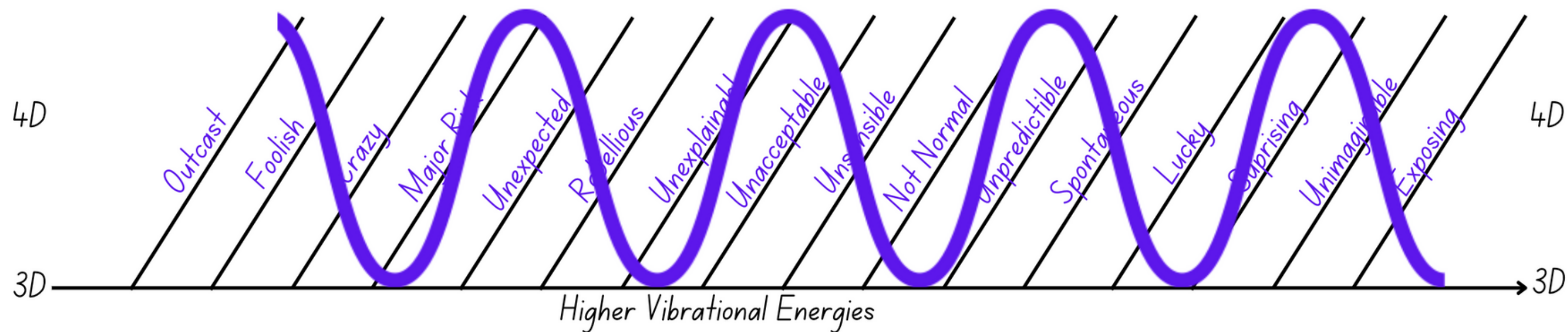
4th Dimension  
(is not a straight line)



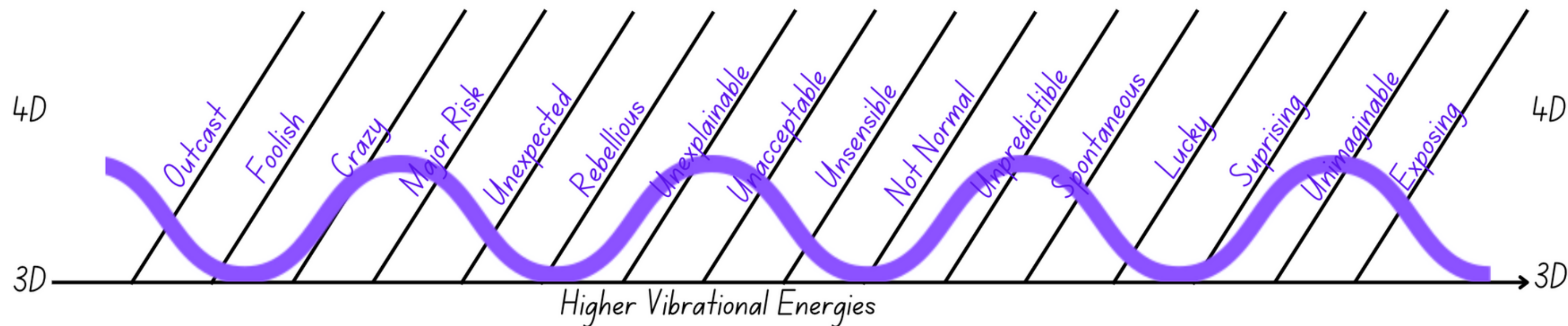
- Flexible Reality
- Self Love
- Deprograming
- Expanded Consciousness
- Healing Masculine/Feminine
- "I'll cross that bridge when I get there"
- Healthy Boundaries / Aligning with purpose
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- Ask questions & seeks answers / Acceptance / Independent
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Off-script

# Stage 1 Energies of 4th Dimension

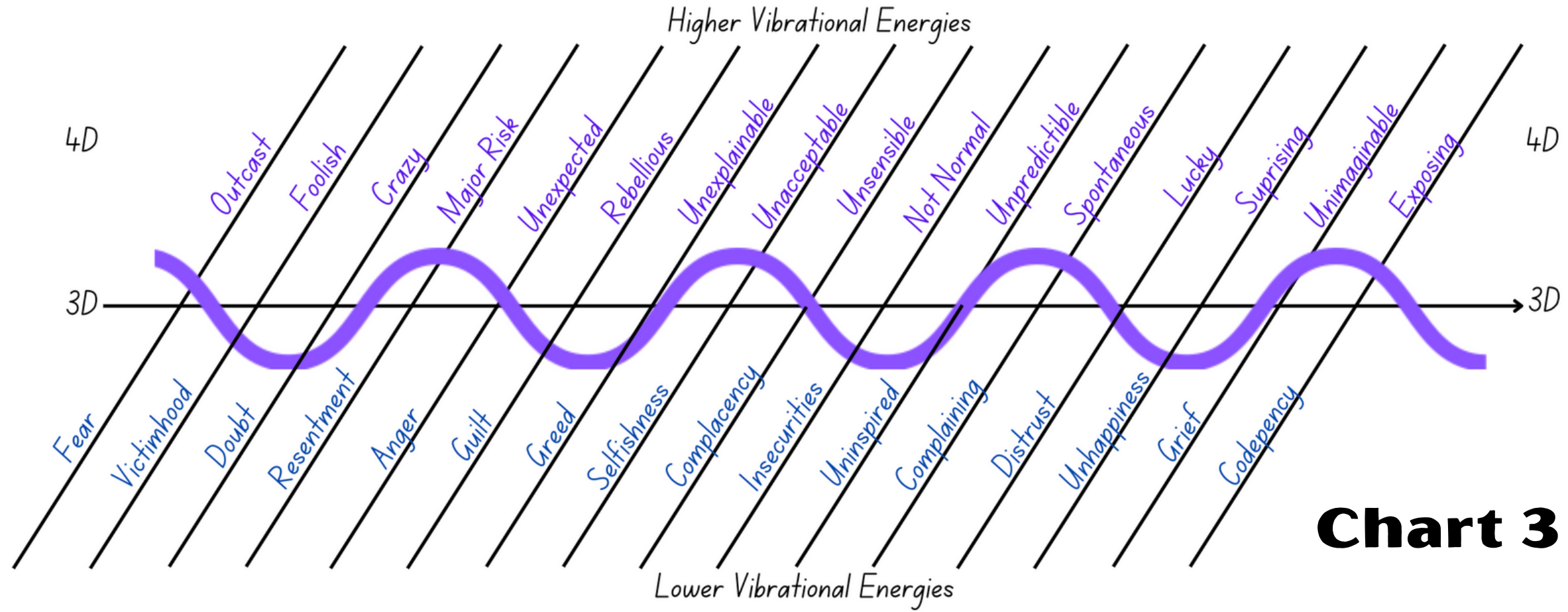


**Chart 1**

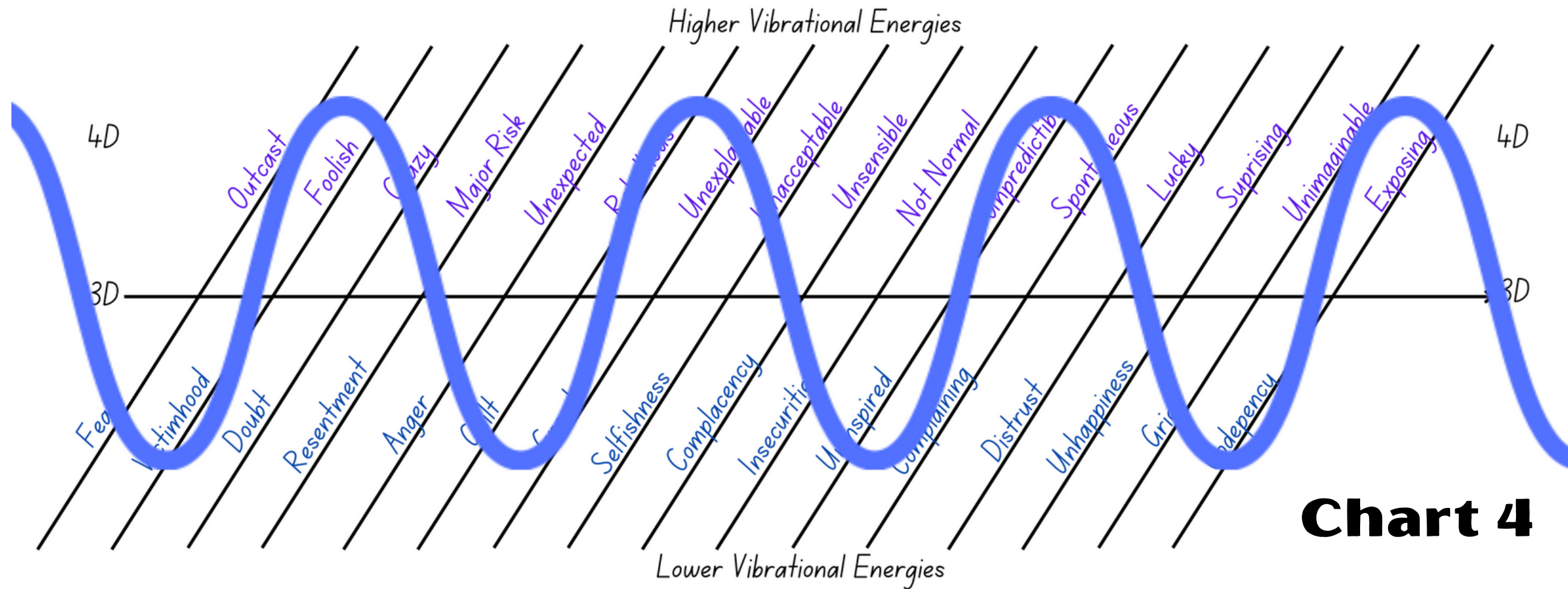


**Chart 2**

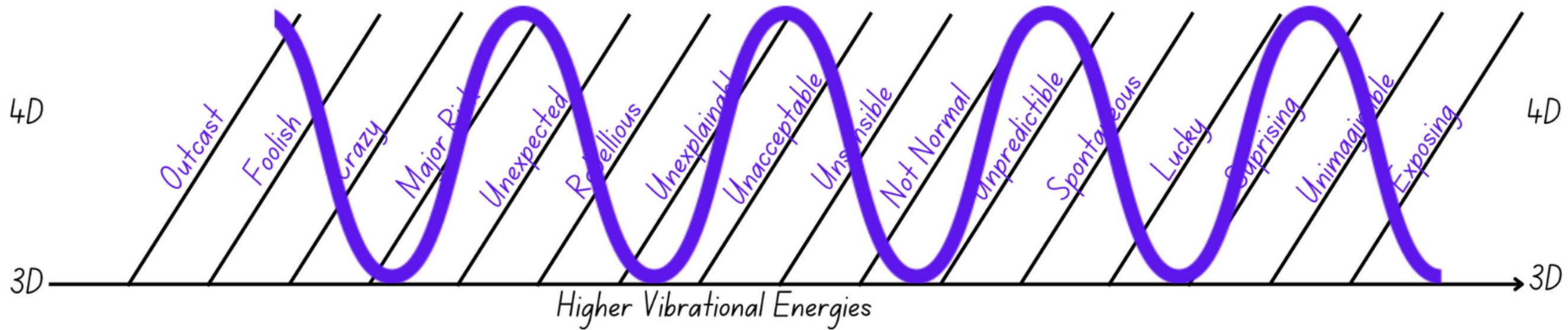
# Stage 1 Energies of 4th Dimension



**Chart 3**

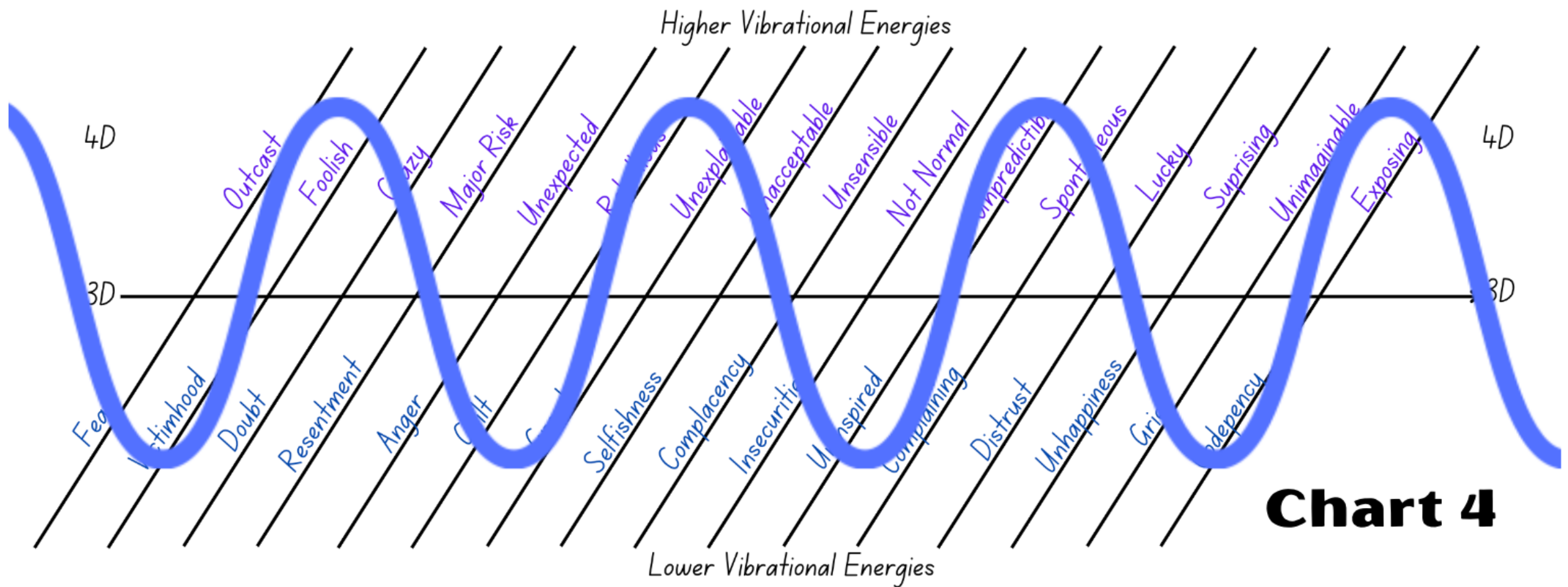


**Chart 4**



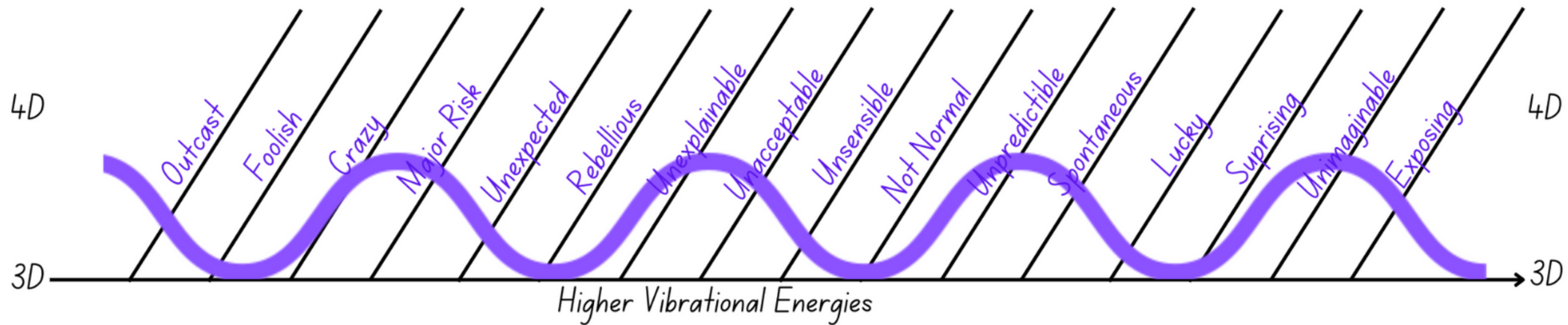
**Chart 1**

**Stage 2**  
**Energies of 4th**  
**Dimension**

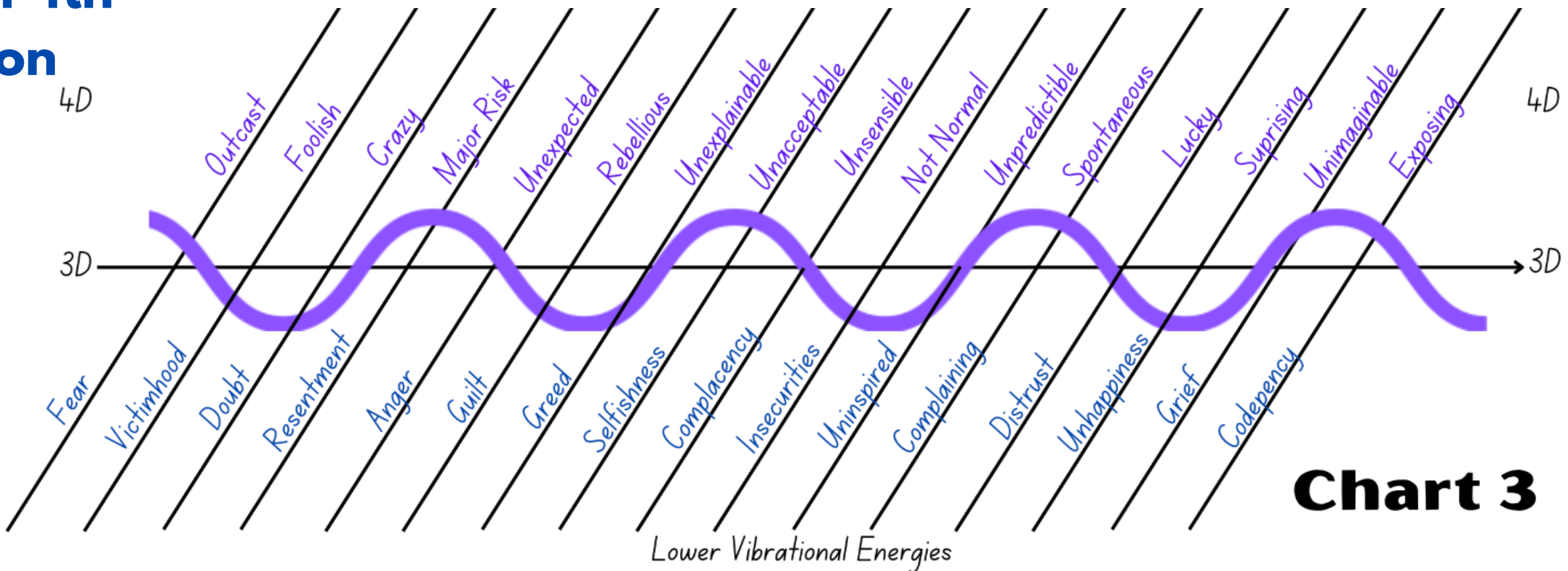


**Chart 4**

# Stage 2 Energies of 4th Dimension

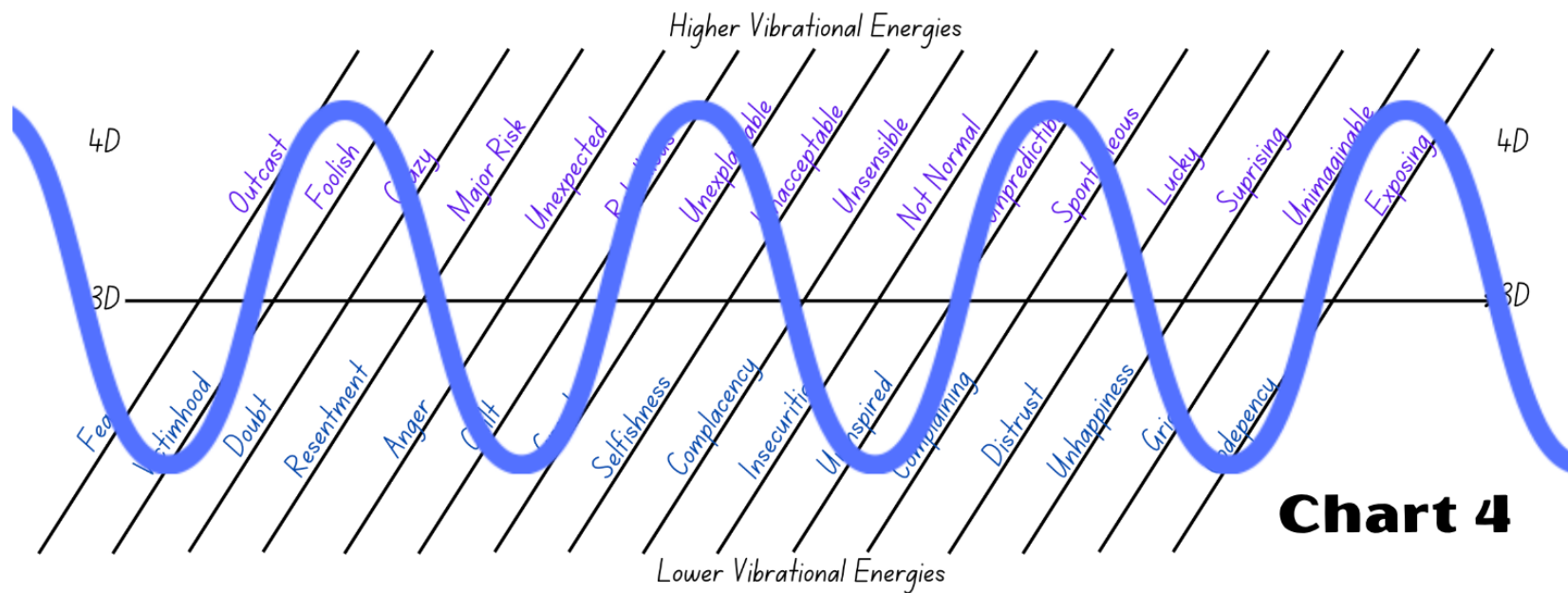
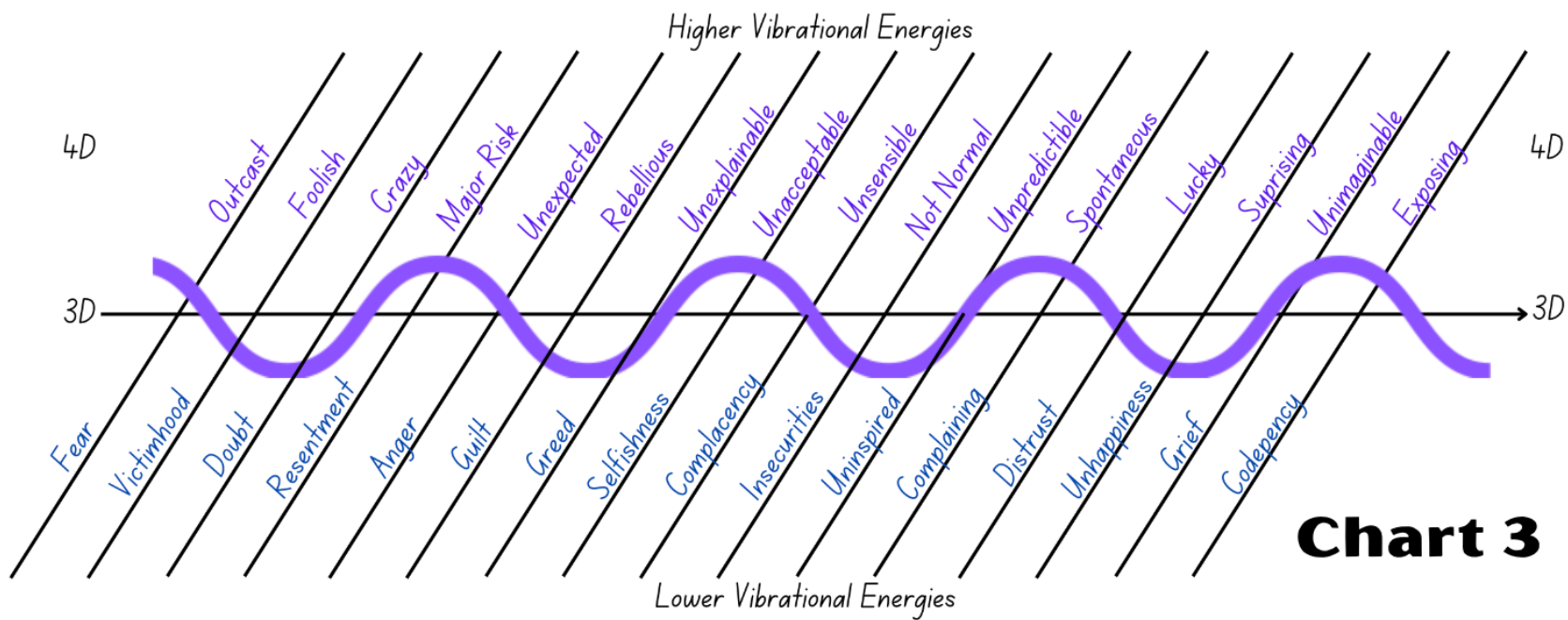
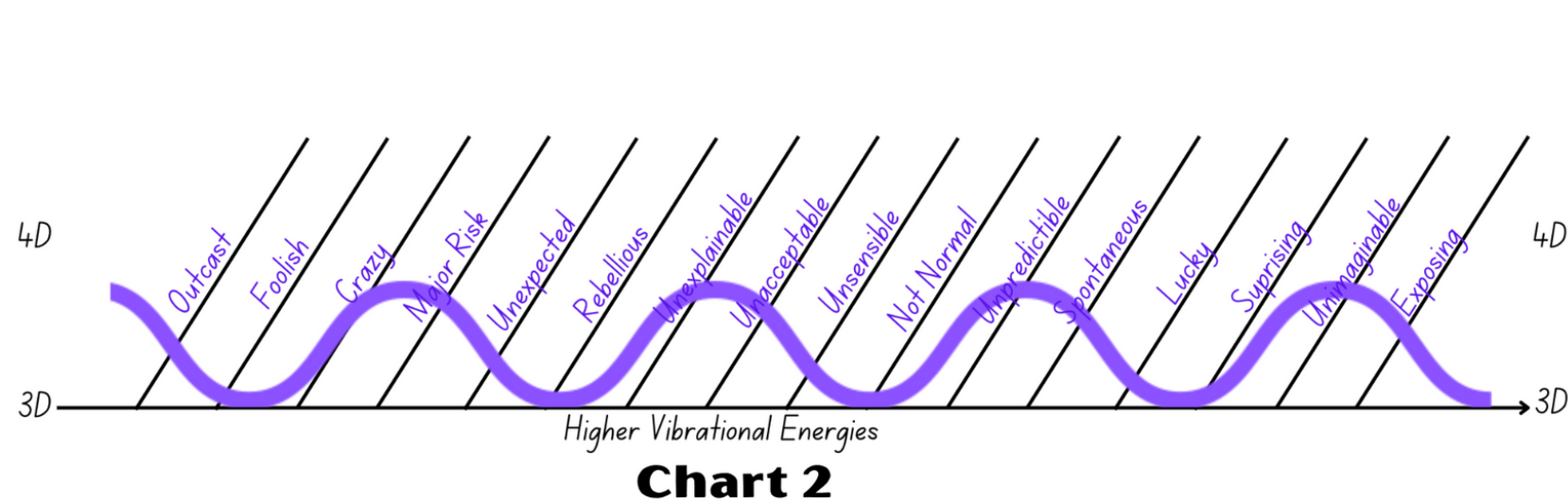
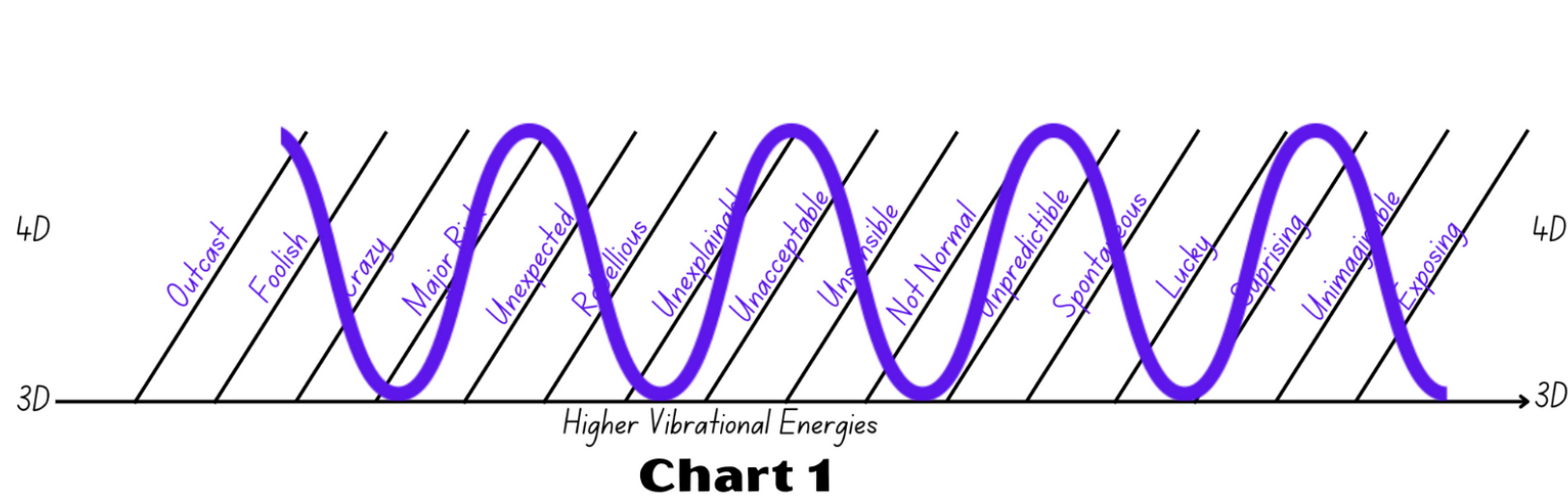


**Chart 2**



**Chart 3**

# 4th Dimension



4th Dimension

Self-Integration

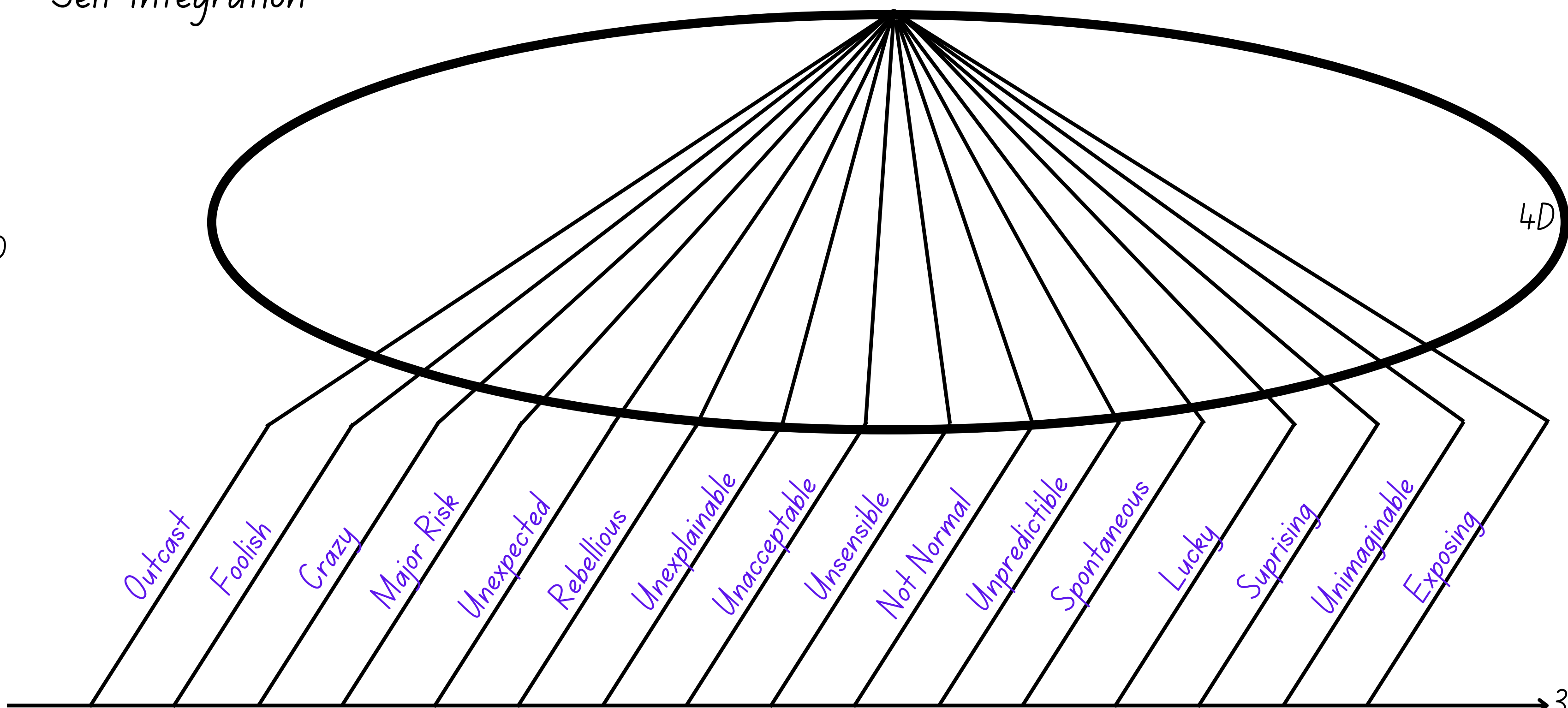
4D

4D

- Outcast
- Foolish
- Crazy
- Major Risk
- Unexpected
- Rebellious
- Unexplainable
- Unacceptable
- Unsensible
- Not Normal
- Unpredictible
- Spontaneous
- Lucky
- Suprising
- Unimaginable
- Exposing

3D

3D



# 4th Dimension

## Self-Integration

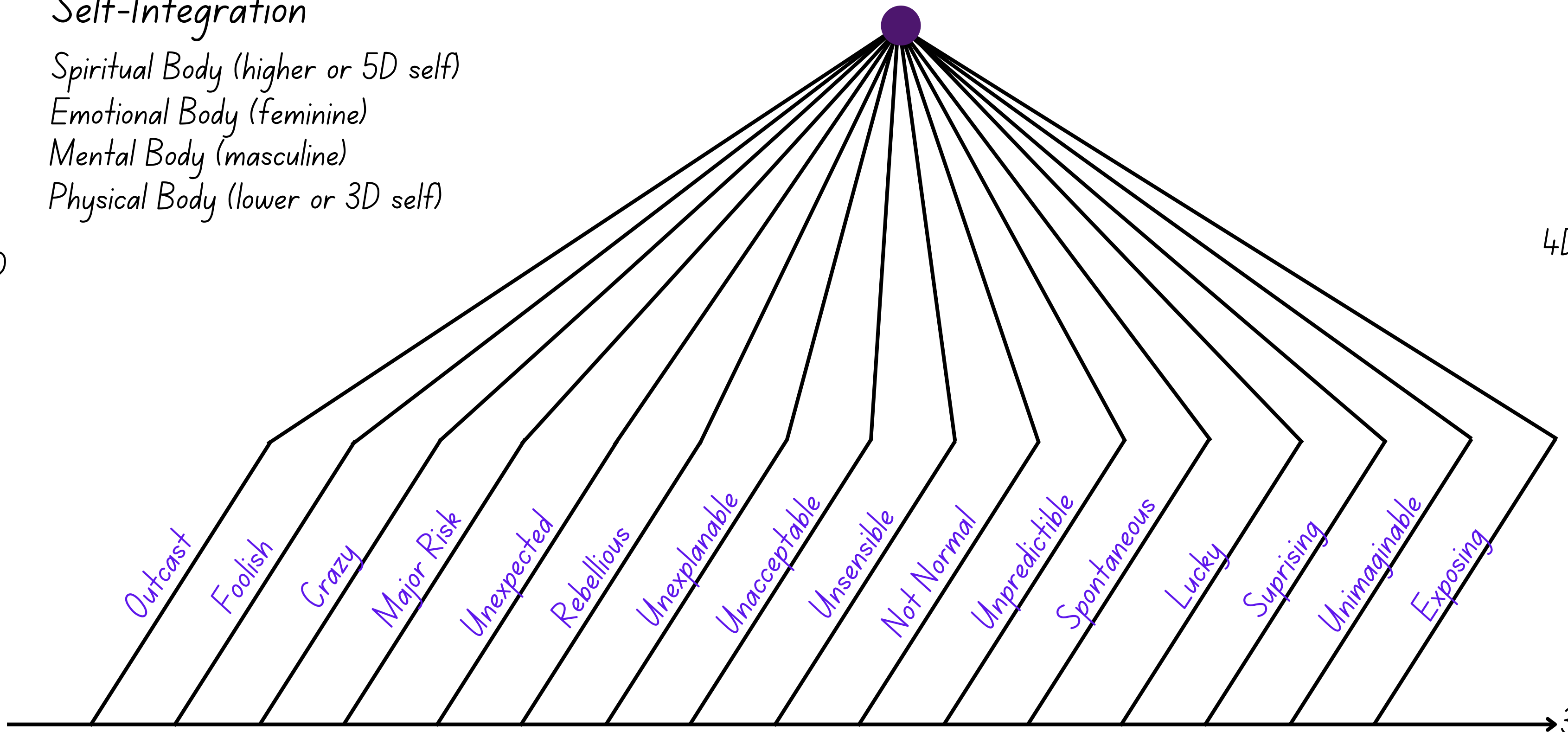
- Spiritual Body (higher or 5D self)
- Emotional Body (feminine)
- Mental Body (masculine)
- Physical Body (lower or 3D self)

4D

4D

3D

3D



*Outcast*

*Foolish*

*Crazy*

*Major Risk*

*Unexpected*

*Rebellious*

*Unexplainable*

*Unacceptable*

*Unsensible*

*Not Normal*

*Unpredictible*

*Spontaneous*

*Lucky*

*Suprising*

*Unimaginable*

*Exposing*



## Emotional Body

Understanding why certain events, interactions and/or experiences trigger certain emotions or feelings.

- Do these emotions stem from beliefs systems I am currently detaching from?
- Do I feel this way because I've been taught that this is the "correct" way to respond in this type of situation?
- Does this emotion get me the result I feel I need? Will it get me the reaction I'm looking for?

## Mental Body

Understanding why you analyze information the way you do.

- Are these thoughts coming from my own values? or am thinking this way because I was taught that this is the "correct" way to think and put information together?
- Am I attached being to a certain outcome? If this turns out to be [true or false] does it benefit me or does it hurt me in some way?

## Physical Body

- What symptoms am experiencing? Is this physiological reaction in alignment with an illness or an ascension symptom?
- Do I listen to my body? When I'm tired do I rest? When my back hurt do I stop activities that put strain on my back?
- Do I rely on treatment to maintain my health?
- Am I disciplined enough to maintain a healthy lifestyle?

## Spiritual Body

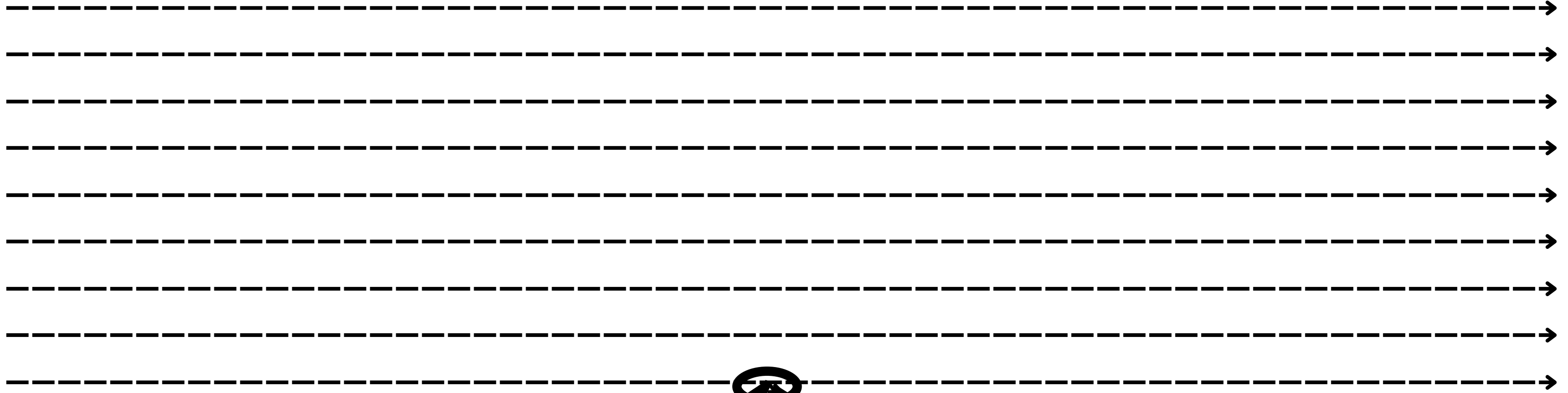
- Your inner knowing/intuition – do I know the difference between my higher self and my lower self?
- "I Am" presence – do I understand the origins of my existence? Who I am, what I'm here to do, what I'm willing to do?
- Awareness – can I be the "observer" and the "experiencer" simultaneously?
- Ability to see divinity in all things – can I see myself in everything I encounter?

Etheric  
Body

*5th Dimension*

*5D*

*5D*

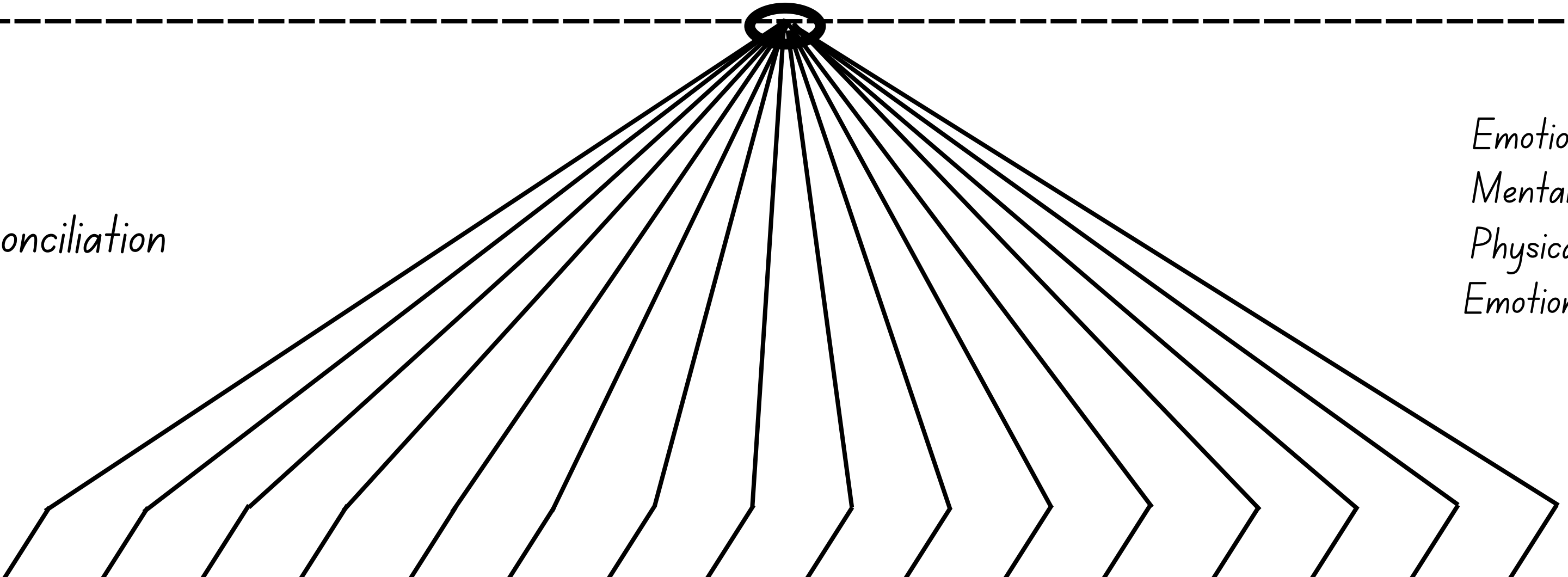


*Self-Reconciliation*

*Emotional Body  
Mental Body  
Physical Body  
Emotional Body*

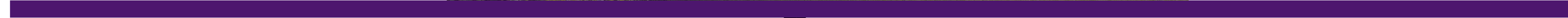
*4D*

*4D*





5th Dimension

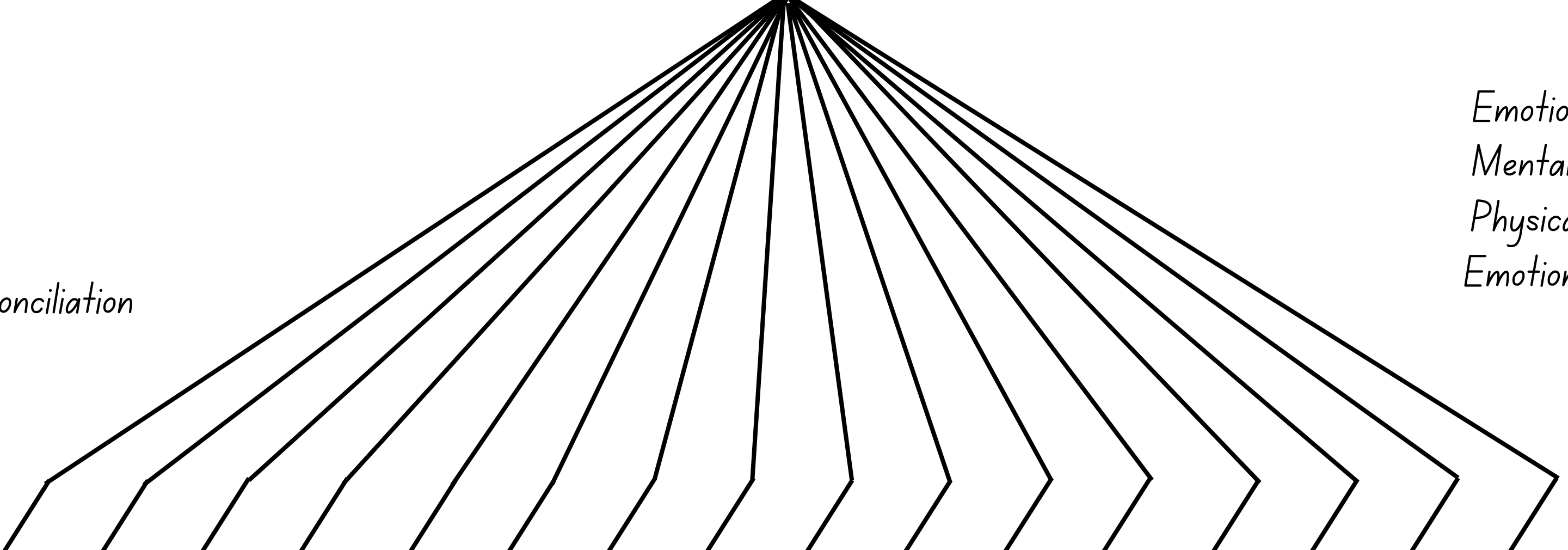


Self-Reconciliation

Emotional Body  
Mental Body  
Physical Body  
Emotional Body

4D

4D



**[Insert your dream life here]**



5D

- Unity Consciousness
- All things are possible
- Service to others
- Living in the present

5D

Living your dream! A Life of abundance and prosperity. Everything you need is always accessible. You know your power!

4D

- Becoming "one" with all versions of self
- Releasing judgement of self and others
- Letting go of duality
- Balancing masculine/feminine energies

4D

Feels unstable and uncomfortable but your actions are unrestricted and you feel a sense of freedom. You seek within to see what's best for you on a case-by-case basis. You are becoming a sovereign being.

3D

- Off-Script
- Following your heart
- Self-governance
- Trusting in unknown

3D

- On-Script
- Fear-based beliefs
- Dependent
- Separation
- Follow rules given

Feels safe and comfortable however your actions are controlled and external factors determine your state of being.

