

Levels of Consciousness, Sleep and Dreams



How to Feel Your Soul



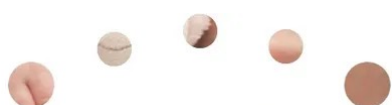
In this article:

- **Sleep Levels of Consciousness**
- **Where Does Our Soul Go When We Sleep?**
- **Levels of Consciousness**
- **What Does Our Soul Do When We Are Asleep?**
- **Can We Discover What Our Soul Has Doing?**
- **Dreams Can Reflect What Our Soul Does at Night**
- **Dreams Don't Always Show What Our Soul Is Doing**
- **Do Dreams Show Us Our Future?**
- **Outer Body Experience OBE**
- **How to Feel Your Soul in Your Body**
- **Levels of Consciousness Reduce in a State of Fear**
- **Levels of Consciousness Increase in a State of Love**
- **Levels of Consciousness Can Vary**
- **You are an Omnipotent Being**



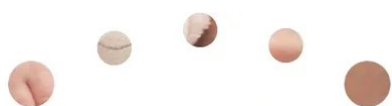
Levels of Consciousness, Sleep and Dreams

If you believe that you're not just the body that you see in the mirror, but an omnipotent being that brings life to that body you are inhabiting then you may be curious how to know this for sure. There is a way! It's all to do with what happens to your soul when you sleep. Let's find out more.



Sleep Levels of Consciousness

We became aware quite by accident that our levels of consciousness fall significantly when we are asleep. We were testing someone's levels of consciousness and noticed they had dropped hugely (from over 800 down to below 100). This didn't make sense to us since there was no reason for this drop. The only time we have ever seen such a drop is when people have made a certain choice about vaccines during the past 2 years. In fact it is the choice not the action that causes the levels to drop when people buy into the collective fear and make decisions out of fear and doubt, not love and trust. However, this time, the person we were testing had not made that choice and we were baffled. Then it dawned on us that the reason they had dropped is because they were asleep! Further tests showed that the lowest that the average people's levels of consciousness falls to when they are sleeping is between 70 - 120, depending on how deeply they are asleep.



Where Does Our Soul Go When We Sleep?

Well we don't entirely leave our bodies when we're asleep but the part of our soul that does Resonance Tests as going into the higher dimensions (5th - 12th). Exactly which dimensions depends on the state of evolution of our soul and where we need to go. In one sleep session, Resonance Tests show that we go to just one dimension and currently this tests as being the 7th or 8th dimensions. The higher our waking levels of consciousness, the higher the dimension we may go to. We tested to find out the predominant dimension we go to for various levels of consciousness - see chart below:

At 0 levels of consciousness, there was no resonance as there is no soul in the body at this level

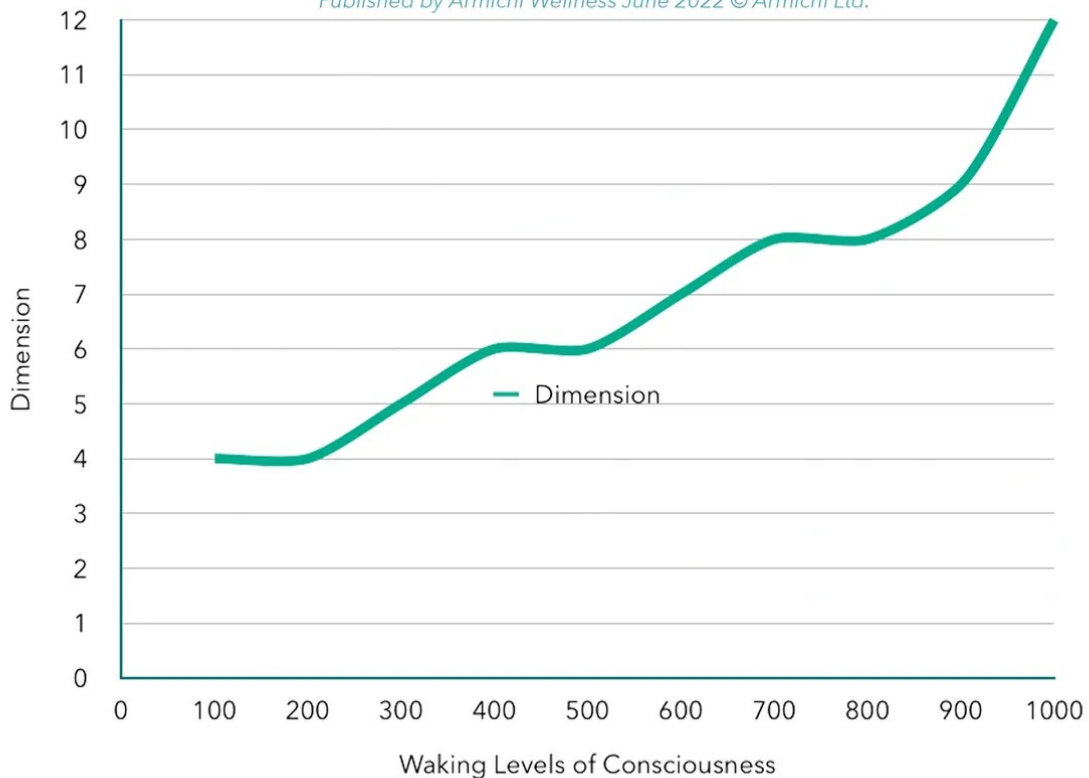
100 4th

200 4th

300 5th
400 6th
500 6th
600 7th
700 8th
800 8th
900 9th
1000 12th

To Which Dimension Do We Go When We Are Asleep?

Published by Armichi Wellness June 2022 © Armichi Ltd.



What Does Our Soul Do When We Are Asleep?

This is a question that many people have proposed answers to! We used Resonance Tests and found that our soul gets up to quite a few things while we're sleeping peacefully including:

- Learning
- Gathering information
- Receiving support from other souls
- Fulfilling our soul mission

- Overcome dark energies
- Sharing love with other souls



Can We Discover What Our Soul Has Doing?

This is an interesting question because many of you will be curious to know what you've been up to while your body is resting. The best way to know is to use Resonance Testing which we teach you on this site through our Articles and one-to-one lessons. These rely on you asking the right questions to get the information so you may want to go through the topics listed above and narrow it down with a statement such as:

- *Last night, my soul was <learning>*

If this tests negative, repeat for <gathering information>, <receiving support from other souls>, etc

Once you know the topic you can then ask more questions. Let's say that your soul was fulfilling our soul mission which Resonance Tests as the most common reason. You could then say:

- *My soul mission relates to bringing peace on Earth*

If this tests negative, repeat for <bringing unity>, <bringing peace>, <bringing more light>, <teaching>, <leading>, <inspiring>, etc until you get a positive.

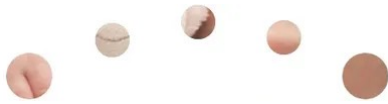
Then, since there are too many permutations here we will suggest that you ask for divine inspiration or guidance from Archangel Michael during your meditations as to what you were doing last night!



Dreams Can Reflect What Our Soul Does at Night

You do also get information about what your soul has been doing through your dreams. We have discovered that dreams can be a visual representation of what your non-physical soul was doing. Since most of us don't yet have the capability to conceptualise the multiple dimensional field that your soul has been occupying while you are asleep, this information is relayed through imagery in our dreams. You will find when you use Resonance Testing regularly, that the dreams that you experience are not an exact representation, but an interpretation designed to help you understand. So for instance your soul may well be going off at night helping to overcome the dark energies. In your dreams, you may experience trying to reason with dark entities, or attempting to overcome dark entities with your light, or even having battles with them.

If you were off gathering information, then your dreams will give you that information. The trick is to remember what you were told and this is something many of us haven't yet mastered how to do. If you do wake up in the middle of the night after a particularly poignant or difficult dream, trying writing down what you experienced so that in the morning you've got some clues to investigate what you were up to, using Resonance Testing or meditation.



Dreams Don't Always Show What Our Soul Is Doing

We have also discovered through Resonance Testing that not all dreams are showing us what are soul has been up to. Some are simply replays of your day or your experiences. Some are visual interpretations of emotions, such as fear. You can use these dreams to remind you that these emotions need to be integrated, which we describe in more detail in our Article [Ascension: Our Observations](#) and teach you how to do in our Article [Revealing Not Healing](#).



Do Dreams Show Us Our Future?

Some people have talked about dreams being predictors of the future but since there are an infinite number of future potentialities, it may be better to describe an apparently predictive dream as being the most likely future potentiality based on your current vibrational set point. If your future potentiality appears to you in your dream as one that you don't want, you have the capability of changing this potential outcome through integrating whichever limiting emotion(s) are the underlying emotions you experience in this dream.

Let's say you have a dream of being in a car accident, then the underlying emotion may be fear and your groin chakra (survival) may also be closed or not working fully. Then you can integrate the emotion of fear, which is prevalent in almost every single human being, and consciously reopen your groin chakra. If you need help with this then you can try our [Energy Boost](#) service which opens and energises all your chakras and if you would like help with integrations, you may want to try our [Armichi Method Integrate & Liberate](#) service.



Outer Body Experience OBE

An OBE is when you experience the soul leaving the body when you are awake. Since you need to be in a very relaxed state where you are no longer aware of your body, the most common time to have them is if you have wake up in the middle of the night and then start to go back to sleep. It helps if you have set the intention to have an OBE and if

you are lying on your back with your arms by your sides. What you will experience is the soul leaving the body which feels like a lifting up, peeling away sensation. Once your soul is free from the body, you will feel light and released and you can then choose where you go. The author of this article, Sarah Diggins, had hundreds of OBEs between the ages of 10-13 but most of the time she simply played up in the ceiling of her bedroom! She still has OBEs now and now goes further afield.

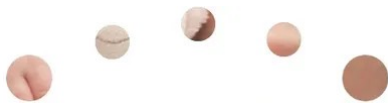
During an OBE, once you are out of your body, you choose to go anywhere. It's actually really fun to fly around and see who you want and you can cross the oceans in seconds if you want to pop over to another continent, although it does help if you know where you want to go as you generally get there quicker! OBEs are a great way of giving someone you love a message. We have even discovered that some people know when they are being visited by a person who is having an OBE. Once you've finished and return back to your body, you'll feel this as a sinking back down, grounding feeling and you'll once again feel the weight of your body.

Resonance Tests show that our levels of consciousness drop to between 30 - 40 during an OBE, which is much less than our sleeping levels.



How to Feel Your Soul in Your Body

OBEs are a way to experience how your soul feels when it leaves and returns to your body, but not everyone has them and there is a much more common way to feel this. When you wake up in the morning without an alarm, if you pay close attention, you will actually feel your soul returning to your body. It comes in via your head and you will feel a sensation of energy, light and awareness gradually spreading downwards and outwards. Although this happens to all of us everyday, most of us are not aware they can experience it. However, once you've felt the sensation of your soul returning, you will know for sure because the feeling is so obvious when you've realised that is what it is. When you are used to Resonance Testing, you will actually be able to measure your levels of consciousness as you wake up and discover how quickly they increase. We have discovered that levels of consciousness when dosing are typically between 200 - 240 and when half-awake are typically between 240 - 270, depending on what your starting point levels of consciousness. However since the average levels of consciousness in the world right now are 634 there will be plenty of you reading this article whose levels of consciousness are greater than 500 (the level of love) and to whom these figures apply. You can check your levels of consciousness with our [Know Your Own Levels of Consciousness](#) service.



Levels of Consciousness Reduce in a State of Fear

We have also observed how our levels of consciousness reduce dramatically when we are in a state of fear. They can drop by several hundred if you are really scared or fearful. This is why if you are interested to ease your path to ascension it is best to avoid watching horror or suspense movies. You will have the same effect when reading science fiction books or other books that create tension or fear. This is because fear is an ego response and it pushes the soul out of the body. The exception to this is if you are able to watch or read in a state of complete detachment, without engaging emotionally. This is generally only possible when you have fully integrated the fear within you, so it is no longer a separate aspect and no longer needs to be expressed. At this level you are able to go about your everyday life without feeling fear or reacting to any conversation or situation with fear; it is a truly liberating state of being and part of the steps towards ascension. We go into more detail in our article [Ascension: Our Observations](#). We teach you how to integrate and liberate yourself in our article [Revealing Not Healing](#) and we also include integrations of your predominant emotions in both of our [Armichi Method Healing](#) services.



Levels of Consciousness Increase in a State of Love

Equally your levels of consciousness will rise when you express love for this is when you allow your soul to predominate and the ego naturally subsides. In this state you see all interactions with others and situations from the soul aspect of love, forgiveness, understanding and no interaction creates a limiting emotional response, such as anger, jealousy, sadness. You find you like everyone around you and never get upset when they shout at you for you are now led by soul. It is a liberating state to find yourself in and the pathway is first to integrate all discordant frequencies and then all limiting thoughts and emotions, which naturally removes their physical expressions (symptoms). Many practitioners talk about releasing emotions, but we have discovered that we need to integrate them for then we become one with the all-that-is, which includes all of these emotions! We can help you integrate limiting emotions and thoughts with our [Armichi Method Integrate & Liberate](#) service; we do recommend that you first integrate discordant frequencies of which there can be several million.



Levels of Consciousness Can Vary

You have seen that the path to ascension where you hold a level of consciousness of 1000, have 144 DNA strands, and are fully integrated is most definitely not a linear one! You will experience both rises and falls in consciousness until you become aware of what is affecting them. We have found that one of the most helpful states to achieve this

is to have an open heart and to allow whatever information is needed to access your consciousness. Stay curious and open minded but most of all don't forget to have fun and break all of your rules! Ascension is not a dutiful, serious path although many practitioners believe this to be the case. There is absolutely no need to avoid other people for fear they will stop you from ascending, for they are who you need and if you avoid them you will stagnate on your path. There is no need to meditate everyday since you can learn to keep that state when you are going about your everyday tasks. The intention was never that we had to stay hidden away inside our houses meditating just so we can ascend! We are learning to tread our path in a state of full consciousness and that means learning to go about our everyday lives in this state. Equally there is no need to be in nature everyday if it's not easy to access. You can bring nature and that consciousness to you through intention. An EMF transmuter is helpful for your home as it will convert the energy to that of an ancient forest and we explore this subject in our article [How EMFs Affect Levels of Consciousness](#). We have also discovered that there is also no need to avoid alcohol as long as you remain consciousness and in a state of awareness. This means avoiding those all out bingers or excessive consumption that causes you to be tipsy or drunk, for this is a sign you have lost some consciousness.



You are an Omnipotent Being

Remember that, underneath that invisible barbed wire cloak of discordant frequencies, you are an omnipotent being and your omnipotence has the ability to create anything it chooses! We wish you much love on your ascension journey and hope this article has been of benefit. We encourage you to share with others if so and you are also free to download all of our [Research Articles as PDFs](#) to keep for your own use or to post for others to read and enjoy.



Published by Armichi Wellness, June 2022

*Please feel free to quote or republish this article with a link back to **Armichi Wellness** thank you.*