

**Dimensions, Densities, and Levels
of Ascension
Adapted from: Atwater (2012)**

The Incredible Fives:

Fifth World: A time when polarities shift on every level, including gender issues, genetics, the two brain hemispheres, religious factions, wealth, relationships, governments, business-politics. A time of fusion, they are merging.

Fifth Root Race: Children as volunteers, here to establish a new Gaia/Earth and possessing the attributes, skills, weaknesses, and strengths needed to do the job. Coming in waves. Can harness challenges and disasters if mentored when young. To them, the universe is alive and intelligent and stuffed full of potential.

**The Seven Root Race Evolutionary Progressions:
Described in Theosophy**

First Root Race: Etheric began about eighteen million years ago as the entry of spirit into matter.

Second Root Race: Hyperborean, began about eight million years ago, with early physical forms and gender differences, centered in what is today the Arctic and northern climes.

Third Root Race—Lemurian and Mu, began about 1 million years ago; full flowering of genders and racial groupings with the introduction of darker skins, the movement to southern regions, and the Indian and Pacific oceans.

Fourth Root Race: Atlantean, began about 85,000 BCE in the Azores and the lands now lying beneath the Atlantic Ocean; progenitor of modern body types (including what supposedly became the first Adam).

Fifth Root Race: Aryan, began 10,000 BCE to 3000 BCE with right-brained megalithic cultures and from 3000 BCE to 2400 CE with left-brained modern cultures (the consciousness separated into two hemispheres—East and West—now fusing back together; a global leap in species refinement).

Sixth Root Race: Originally unnamed but now called Aureorean, it begins around 2400 to 3000 CE, centered in North America and Europe (fuses all global patterns into one planetary consciousness).

Seventh Root Race: Unnamed, begins 7000 to 8000 CE and centered in South America; graduated from any necessity for earth-plane schools; perhaps etheric in nature, with a different means of reproduction and growth (see appendix A for a list of the five races and five senses based on Cayce's work, Atwater, 2012).

From Edgar Cayce ~ Root Races

First Root Race (initial creation of humans)—began about 4.5 billion years ago as spiritual, free-will companions of God, who projected themselves into the denser world of matter because of a curiosity about how things worked.

Second Root Race (fluid, ethereal beings)—began about 12 million years ago. Created and came to embody humanoid life forms of a lower vibration. Androgynous; could move in and out of form. Began to gather in communities around the Pacific Ocean.

Third Root Race (retained some spiritual power)—began 200,000 years ago. Still androgynous but no longer able to come and go at will. Lived long lives. Created hybrid beings—half-animal/half human, part plant/part human. Became the Atlanteans. About 108,000 BCE, genders developed, and a new physical body evolved. Hybrids disappear. Communities became more common.

Fourth Root Race (the origin of the five races/five senses)—began between 90,000 and 12,000 BCE. Red race developed in Atlantis (specialized in feeling/touch); white race around Ararat, the Carpathians, Iran (associated with vision/sight); yellow race in the Gobi area of China (associated with hearing); black race in African Sudan and Egypt (associated with taste); brown race in the Andes area of South America (associated with smell). The Progenitor of the history and culture known today.

Fifth Root Race (lighter bodies, cosmic-conscious minds)—began during the Mayan calendar's closing years, between 1998 and 2015 CE. Described in the Book of Revelation as a time when "Satan will be bound" for a thousand years. The indication here is that the human species will flower as never before and achieve great heights of knowledge, invention, and spiritual growth.

The 13th Dimensional System Provided by Quan yin:

First dimension: the mineral kingdom.

Second dimension: bacteria and other simple structures parentheses purely instinctual end of parentheses.

Third dimension: humans, animals, and plants.

Fourth dimension: the plane of feeling, thought, thought forms, fairies, elements, and our astral body, astral entities, and the feeling aspects of our dreams.

Fifth dimension: the first realm of light body in form: this is the home of cities of light, ascended Masters, many archangels, over lighting devas, dark control groups, the satanic realms, and astral control groups.

Sixth dimension: the dimension of geometry: everything in existence is held together informed by these patterns. Christ consciousness is the name given to the consciousness of this dimension.

Seventh dimension: the energetic movement of light via divine sound.

Eighth dimension, dimension of movement as an expression of light, color, and consciousness.

Ninth dimension: the realm of prismatic reflection of color and light generated by essence consciousness.

Tenth dimension: realm of soul families, oversoul and you in relationship to creation and creators as an individual conscious being.

Eleventh dimension: realm of archangels; Supreme beings of planets, star systems, and galaxies; And the secondary group of Elohim.

Twelfth dimension: realm of creation and creators : this includes the holy mother, the Holy Father, and the 12th highest Elohim who exist in their individual individuated consciousness and yet experienced oneness with interdependence with all that is.

Thirteenth dimension: everything in existence is in a state of oneness with no autonomous distinctions. The whole is greater than the sum of its parts.

Densities

First density: the iron core crystal in the center of Gaia/Earth that is gravity: this is the source of harmony, bliss, and being grounded.

Second density: the telluric realm: this incorporates the natural electromagnetic forces on Gaia/Earth. It is located between the central iron-crystal core of Gaia/Earth and the surface of Gaia/Earth, where elemental forces exist.

Third density: existence on Gai/Earth in linear space and time period.

Fourth density: the polarized realm of archetypal forces that interact with Gaia/Earth: this is the archetypal zone where feelings, dreams, and all connections to Gaia/Earth and higher dimensions are available. Planets manifest these 4-dimensional archetypal patterns that express their own distinct versions of the sun's energy.

Fifth density: the love vibration of Gaia/Earth: is guided by the play DS, which are the fifth dimension of orbital patterns and cycles of our solar system parentheses the play D and spiral end of parentheses.

Sixth density: the light body form of the three-dimensional solid world. The Sirius star system is the sixth dimension of this world. It creates geometrical light constructions out of three-dimensional physical forms that are shaped by 4-dimensional archetypal feelings of five-dimensional creative patterns.

Seventh density: lines of communication for pure thought: Gaia/Earth, the seventh dimension is the Galactic information highway of light, the photon bands that the Andromeda Galaxy guides.

Eighth density: the structural organization of Gaia/Earth intelligence known as the galactic Federation: it holds the Galaxy informed utilizing information highway photon bands.

Ninth density: the galactic center and the utilized reality that interweaves all frequencies: this realm of vibration is a library of all.

Tenth density: the universe itself the cosmic quote all end of quote.

Densities According to the Lyran Extra Dimensional's (ED's)

First density: this can be experienced as atoms and molecules with awareness as a point. We possess this frequency within ourselves as a foundation because it makes up our basic genetics.

Second density: here, awareness is a line. Most plants and animals are at this level, which does not have the ego-sense of self-awareness.

Third density: Awareness is volume metric with ego and with a linear perception of time. At this level, there is a loss of group identity that second density has but one can remember the past and cognized the future while retaining present awareness.

Fourth density: this is super conscious awareness with the reintegration of group identity but without the loss of individual identity. In this consciousness, into which humanity is moving as a collective, cycle and fluid perceptions of time are perceived, and perception of multidimensional and multi-density realities begins.

Fifth density: experiential awareness is that of I as a group identity. Group identity is experienced as a timeless and pure energy state and is where the oversoul is regenerated. Spirit guides and masters are examples.

Sixth density: increased qualities of limitlessness and unified consciousness are associated with this density. It may also manifest as a group consciousness or individualized personality.

Seventh density: this is a holistic system of consciousness where awareness is a multidimensional experience and a frequency of total oneness or integration.

Dimensional Models from AM Channels

Third dimension: the physical body makes up the matter-based third dimension.

Fourth dimension: the fourth dimension is the emotion-based astral plane. These two are the dimensions where the game of separation is carried out. The planet is now operating at the very top of the astral plane, right on the dividing line with the fifth dimension. The 5th through the 9th dimensions make up the mid creation realm:

Fifth dimension: the 5th is the light body dimension, at which one is aware of oneself as a master and a multidimensional being. Many have come in from this plane to be lightworkers.

Sixth dimension: the sixth dimension holds the templates for the DNA patterns of all types of species, including humankind, and where the light languages, mostly made of color and tone, are stored. It is where consciousness creates through thought and one of the places where one works during sleep.

Seventh dimension: the 7th is that of pure creativity, pure light, pure tone, pure geometry, and pure expression. It is a plane of infinite refinement.

Eighth dimension: the 8th is the dimension of group mind slash soul and where one loses the sense of eye and touches base with one's vast self.

Ninth dimension: the identity of the 9th is everything. Collective consciousness for planets, star systems, galaxies, and dimensions operate here.
Dimensions 10 through 12 make up the upper creation realm.

Tenth dimension: the 10th is the source of the Rays and the home of Elohim. This is where the light is differentiated in is the source of Plains of creation, which are set to the mid creation levels.

Eleventh dimension: the 11th is that of performed light, the point before creation at a state of exquisite expectancy. It is the realm known as Metatron, archangels, and of the higher akashic. There are different records for planets, galaxies, and source systems.

Twelfth dimension: the 12th dimension is the one point where all consciousness knows itself to be utterly one with all that is.

References

Atwater, P. (2012). Children of the Fifth World: A Guide to the Coming Changes in Human Consciousness. Bear & Company, Rochester, VT.

Appendix A

According to Cayce: Unique Ways of Sensing	Based on Races
White Race	Vision and sight
Red Race	Sensitivity and touch
Black Race	Emotions and taste
Yellow Race	Sound and healing
Brown Race	Earthiness/the physical and smell

Root Race/Color	Awareness	Focus
Red	Physical world	The earth plane and survival issues; individual power
Orange	Astral World	The invisible “blueprints” of spirit; heightened senses inner guidance.
Yellow	Mental/Reasoning	Intellect and decision making; personal will.
Green	Mental/Abstract	Awakening to spirit, initial enlightenment/innovation; enlarged worldview.
Blue	Higher intuition	Creativity, knowing, and wisdom; self as individual
Indigo	Inspiration	Collective, indivisible whole; self-contained fully individuated.
Violet	Spiritual	Alignment with soul power, surrender to the Divine/God’s will.

Cayce, 1877-1945

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