

Connecting Between Worlds Through...

The NOW Dimension

Checklist

Elevation

Sue
Rumack

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The Tips in this List came from the 3 Stories in the Video

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Connecting Between Worlds Through the NOW Dimension

Each person is unique in HOW YOU CONNECT beyond HERE always in the NOW

"The NOW Dimension" is an energetic flow between people, situations and other dimensions generated by thought and actions.

It's moving, influencing, attracting and repelling in present time... in this very moment.

Take it one step further...

When you think about something in the past... you create a portal from NOW backwards into the past that instantly revives old memories bringing back to life in your present.

Every moment before this moment is no longer NOW. Every future thought, becomes NOW." author The Soul Guardians

[Angelic Blessing](#) Click **Look Inside**. Scroll the first few pages to reach Prayers and Blessings For You. Feel calm and protected.

Explanation of the Earth Dimension

Other Dimensions exist parallel to and intersecting ours! During your NDE, you may have crossed parallel intersecting dimensions. You may have crossed more than one to get to your other worldly destination. You might not remember ALL of your journey.

I've learned that I can be there and here at the same time, at least intellectually, if I so choose.



The Tips and Tools in this List are shared from the 3 Stories you heard in this video:

Click to Watch [Connecting Between Worlds Through The NOW Dimension](#)

Read This Before Continuing:



Ask: What do I want to learn from this Checklist

With each tip or series of tips let your senses open... Listen to what your inner self tell you... You will find your answers.

Tips for Being in The NOW with YOUR Guides:

This Checklist comes from my own lifetime of working with my guides, The Soul Guardians. For me, it is normal to ask for what I need to stay balanced and healthy, but it wasn't always this way! Today, I negotiate with them for my space in our shared relationship. This is especially important since we have shared this space and will continue to share for the rest of my life... and beyond!

Remember that what is overwhelming for you, IS normal everyday behaviour for your guides and angels.

They NEED to know... EXACTLY what you need from them, so you will remain healthy, whole and sane in every interaction with them. It's your job to tell them clearly, respectfully, and without reservation, how to treat you regardless of what you do together.



TIPS FROM STORY #1

NEGOTIATING WITH YOUR GUIDES

Demands, Requests, Challenges, Expectations

My Guides, The Soul Guardians, challenged me to bring through 111 Angelic Messages in 30 Days. The intensity of channeling for such a long time would burn me out unless there were a few rules of engagement. And so we negotiated and agreed on ground rules.

I knew this BECAUSE I had accepted other challenges from my Guides when I was still in awe of them. Now I know they are just people who live in a different dimension, whose work is to help us. They need to know and respect your physical well being.

It is your right to have those conversations. *Continue to next page...*





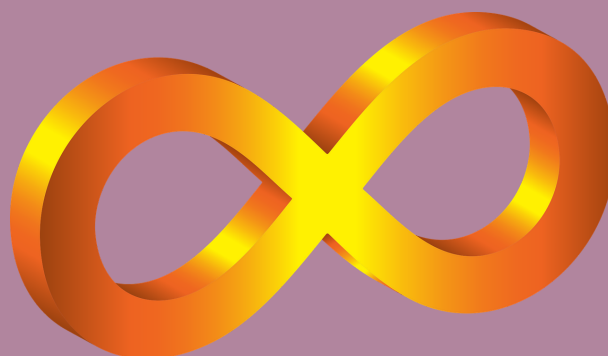
TIPS LEARNED FROM DOWNLOADING 111 ANGELIC MESSAGES IN 30 DAYS

Tip #1 No matter who they are, OR wherever they are in the Universe, always remember you and they are in an equal partnership by mutual agreement! Equal Partners! You have rights in this relationship... know what you want, and ask, as an equal, for what you need!

Tip #2 It is important for you to remain in control of your own life and mind and all times.

Tip/Tools #3 Here's what I ask for when it's time to negotiate! So can YOU!

- Will you honor my boundaries?
- Can I quit if it's too much? Yes or No... then decide if this is for you.
- Can you remember humans are fragile and treat me gently? Yes/No
- Will you give me the space to take care of myself, eat regularly, sleep undisturbed, and be respected? Yes/No
- No midnight to dawn wake-up calls! (Set the time that works for YOU!)





TIP/TOOLS #4: THREE DEFINING QUESTIONS TO ASK YOUR GUIDES ABOUT THEIR MESSAGES

1. **What don't I know about this yet?**
2. **Why is it important for me to know this NOW?**
3. **How will knowing this change my life?**

The above 3 question structure has served me incredibly well since the 111 Angelic Messages challenge (2015)

The Result: We negotiated and co-designed a much kinder relationship weighted in favor of my sanity and physical health. This is how most of our conversations flow today.

I always ask these same 3 questions.

I've even brought these questions into my empath coaching sessions to help bring clarity to my clients and students.





Tip/Tools #5 A little more Courageous Path wisdom...

- Remember your guides are no different from you... they just have different skills and live in a different dimension.
- Negotiate your own Rules of Engagement – it is your right! You are not a slave to their whim.
- If they don't agree... request that they leave.

Tips from Story #2

My First Out of Body Experience:

8 Years Old

Tip/Tools #6 My Advice: Review your experience as soon as you return:

Did your OBE or NDE feel like a 3-D movie – every detail sharp, vivid, memorable - etched into your memory forever!

FEEL the reality of it in your Body... could you feel the heat, cold, fire, flame, joy, passion, love. You feel everything but cannot be harmed.

You were there, but felt like you were floating off to the side or slightly above or behind as an observer that the action didn't touch.

Ask: Why it is important for me to experience this NOW?

Your guides might tell you... they might not. Be patient eventually the reason will make itself known.



TIP/TOOLS #7 WHAT I LEARNED FROM MY MOM

Read this first, then go to the next page for what helped me stay sane my whole life. Knowing this might help you to not get lost in the weirdness of it ALL!

My Mom was a dreamer whose special gift was that her *prophetic* dreams always came true. She taught me what I share now with you. It helped me stay sane when my earliest dreams were about death and destruction over which I was powerless to stop! Later in life, I was given dreams to save lives... and I did!

Continue for Mom's tips...



Observe



Even today, following Mom's advice helps me... as an Empath, a seer, and an intuitive life coach... to live a kinder, more sane life.

I choose sanity, and normalcy.

As a result I have lived ,and will continue to live my whole life connected through the various dimensions.

Mom's Tips

1. Write down the clearest description of the environment you visited. Note every thing from who you met, names, times, room descriptions, sounds, smells, quality of light... every little detail.
2. Include every detail of the event including what you were feeling, sensing, experiencing.
3. If there was a message - write it down as best you remember it, including dates, times, geographic locations.
4. Make a copy, Date it. Sign it. Put it into a sealed envelope and give to a trusted friend with a DO NOT OPEN BEFORE DATE on the front. Now you have a witness validating your written statement of your OBE or Dream. Even if you never share with anyone else, your written statement is validation to yourself that what you experienced was real!



Tip # 8 How Will You Use Your Dreams, OBE's and NDE's

Truth: You don't need to DO anything. Or obsess about a dream or the WHY of an NDE or OBE! It's all a learning space.

The first half of my life, many dreams came true, I was a ONLY intended to witness.

I was in school learning which dreams were real and which weren't. Learning to be the Witness is crucial if you are develop your 'traveller' skills.



Proof was my teacher. The second half of my life is giving me opportunity to use what I dream to change lives and impact the world. AND I do!

Tip #9 Patience

Developing patience to comfortably live with your gifts might take a lifetime. And that's OK! Your reward will come when you are using what you've experienced with ease.

ASK: What will I do differently BECAUSE of this experience? Your evolving answers will develop your EASE with all of this.

Be prepared to let an NDE, OBE or STE (spiritual transformational experience) be what it is, without building greater meaning into it.

Observe and accept, or not!

Let it become part of you and move forward.



TIPS FROM STORY #3

HOW TO SAFELY TRAVEL IN OTHER DIMENSIONS

Do I want Out of Body Experiences to change ir shape my life?

This is a YES or No question.

Give yourself over to your answer, with the option to change your mind at any time... without stress or guilt.

Tip/Tools #10 Your "Life Contract" is negotiable. You are a free agent who chooses your own path!

When I think of Earth – I used to think of a planet suspended in Space.

Now when I think of our Earthly Dimension, I think of the energetic space our Earth's dimension occupies shared with, and surrounded by, other equally present dimensions where other beings live their lives as we live ours here.

I have seen how dimensions crowd each other invading each other's energetic space. AND I've learned how to repair the energetic dimensions when they get breached, exhausted or overwhelmed; in the same way I teach people to repair, maintain, and program their own individual energetic dimensions.



Dimensions (to me) mean time as well as space – past, present, future of our dimensional world... including accessing my own past, present, future.

Tip/Tools #11 Tips for Safer Inter-dimensional Travel

1. **Control:** Most dimensional travel starts off accidental. If you want more control over returning to your body... learn the mechanics of intentionally getting out of body AND returning, FYI Returning is usually more intentional than leaving. **Hint:** Tether
2. **Reduce Stress where you can:** Accept that time in the Out of Body state is not the same as here.
3. **Portals for NDEs, OBEs, and STEs may be random.** It's not important HOW you got there. BUT you might want to know how to get home. Also, Intentionally CLOSE the return portal. Keep stow-aways from accidentally following you home.
4. **Inter-Dimensional Travel may be accidental but** without a solid guide it's neither a vacation destination, nor a place to joy ride.
- 5, **Shielding:** Program your own internal DNA energy shield for energy protection. Repair your shield BEFORE intentional travel! If you don't know how... [contact me.](#)
6. **Grounding:** Multiple NDE's, OBE's, or STE's; Learn to ground using your internal Quantum Energy. It is essential to help you stay emotionally balanced.
7. **Remember** to thank your Guides and Angels for their care and protection after each contact. Every visit is a gift and priviledge.



Summary: Connecting Between Worlds Through The NOW Dimension

Traveling the dimensions in dreams, visionary Out of Body Experiences, OR through the more rare Near Death Experiences changes lives forever.

It's not for the timid, but it IS usually the Empath, or Highly Sensitive Person who is most likely to travel in this way.

If you've had an accidental travel experience, you are ready to move to a new level of awareness.



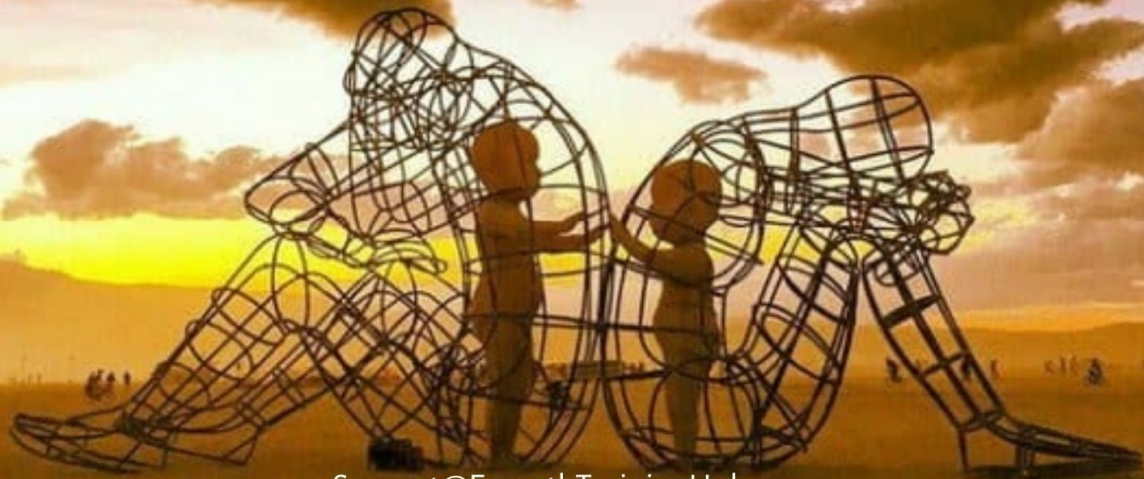
I hope some of what's been shared in this Checklist is useful. It is my privilege to share what I know.

It truly is my passion and purpose to help 'seekers' find their own unique answers from their interdimensional experiences.

Thank you for being you, and for being here... and now... in this most present NOW dimension.

Sue, the Empath Trainer

SENSITIVES



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Click to [Continue this Conversation](#)

If you have found these tips helpful and would like specific answers to your own experience as the survivor of near death experiences, or connection with guides, or being a highly sensitive empath picking up on the stress of people here and elsewhere, please connect using the link below. A great conversation sometimes helps.

JOIN ME for your FREE Empath Life BluePrint Conversation.

My clients are Global and Inter-Dimensional...

[Talk to ME Here](#)

Thank you for your interest... I'm Sue Rumack,
Empath Trainer and Overwhelm Strategist.



RESOURCES

Sue Rumack is a powerful empath teacher, spirit connector, and earth-bound Soul Guardian. She is a teacher, healer, author, and believer in life beyond here that connects us in the NOW! A professional life-coach, she teaches highly sensitive people to manage energetic overwhelm from ALL worlds. Sue, the Empath Life Coach, specializes in Overwhelm and Stress Management for highly sensitive people. She teaches what she lives. An author of several spirit downloaded books, her writing opens the door to deeper awareness. Sue is an Earth-Bound Guardian representing The Soul Guardians here on Earth. She is a teacher, a healer, an author, and a believer in life beyond here that connects us in the NOW!

Video: [*Empaths Born*](#)

Books:

[The Pulse of Awakening](#)

[The Angelic FootPrints Series \(3 Books\) : Book 1 Beingness, Book 2 Love, and Book 3 Choice](#)

Blogs:

[Pulse of Awakening Blog](#)

[Angelic FootPrints Blog](#)

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