



# GUIDING ELEMENTS MEDICAL CENTER™

CULTIVATING HEALTH BY AWAKENING TRUTH, LIFE & SPIRIT™

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## What are “Higher Dimensions”? An Overview

You may have read or heard some people talk about “higher dimensions” like “the 4<sup>th</sup> dimension”, or similar terms. What do they mean? What are they talking about?

Below, you will find an overview of these terms.



<https://www.lifecoachcode.com>

### **Third Dimension (3D):**

You see yourself as an individual being separate from other people and the universe. You are rooted in the physical world, and labels define who you are such as roles (e.g. job title, gender, wife, son, etc.), wealth status, skin color, age, being a “good” or “bad” person. Material possessions and relationship status (e.g. being a millionaire, having a spouse or kids, etc.) are also considered important in a 3D mindset. The “rat race” of competing with others for these things or basing your happiness on them prevails. Life can feel empty; there is no desire to acknowledge, explore or seek anything deeper or more meaningful. You don’t believe you have any control over your reality or its outcome and you think things just happen. Using only your 5 senses (sight, sound, smell, touch, taste), you navigate your world.



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## **Fourth Dimension (4D):**

Your consciousness begins to emerge and the ideas of the 3D world seem questionable. Belief and understanding of the interconnectedness of all things begins to make more sense. You can see that there is a deeper level of information and possibilities that you previously could not perceive or didn't believe. You notice that your thoughts shape your reality including your health and wellbeing. Compassion for yourself, others (human, animals, etc.) and Earth come further into your awareness and influence your behavior. Exploring your purpose, passions, growing your intuition and seeking deeper life meaning bring joy. In 4D reality you realize that the current societal structure does not have humanity's best interest at heart and may actually be keeping us from inner and outer harmony (and you ditch those old ideas!).

## **Fifth Dimension (5D):**

As you reach the 5D state of consciousness you understand and accept that love unifies all things as one. From this state of rapture, it is difficult to go back to 3D thinking because you have let go of judgement and are only seeking to grow and expand in love, truth and joy (Divine connection). Everyone is seen equally in love and there is no need for any strife or comparison. You see your ego for what it is, accept that you have things to learn and recognize your own "shadows" that are part of the world of duality, meeting them with love. You become a conduit for Source energy/ Spirit/ God and allow the flow of life to unfold through you with connection and direction for your "highest good".

## **6th Dimension and higher:**

These states of consciousness exist beyond the physical plane, therefore inexperienced individuals should seek spiritual guidance for learning about and reaching these states. Time is revealed to operate differently than in the physical plane. Also, both a magnified level of connectedness to Source, increased depth of feeling, and instantaneous ability to manifest thoughts, ideas, imaginations, etc. exist.