

The development of multi-dimensional consciousness will increase the range of things that you can know, understand, and make use of in your life. The bigger your awareness becomes, the more tools you will have at your disposal so that you can lead a life more filled with ease and grace.

If we look only at the physical world, only part of life can make sense. By seeing beyond the world of form and into the worlds of energy, we can recognize great patterns and states of being that make clear what spiritual teachers of all traditions have been telling people for eons. There really is a God who loves us. We are Divine beings with immortal souls. Doing good things and forgiving others is actually good for you. There is human law which, even to a lawyer, does not always make sense. There is also God's law, which is completely fair and embracing, loving and enabling. The physical world of people, places, things, events and time, take place at what could be described as the pointy end of a great unseen supporting structure. This structure includes many levels, and exists through different dimensions.

Many old spiritual books talk about the outer world of form (the physical dimension) and the inner world of the spirit. However, the inner world is not just a big space with stuff floating around in it. It is separated into different dimensions, and each dimension has different fundamental functions and structures.

There are five dimensions that humanity, at this point in our evolution, is heavily engaged with¹[1]. What is more, we each have five bodies corresponding to the five dimensions. These dimensions (and bodies) are:

- 1. The Physical dimension**
- 2. The Etheric dimension**
- 3. The Astral dimension**
- 4. The Soul dimension**
- 5. The Divine dimension**

The Etheric dimension is our energy anatomy, our aura, chakras and the meridians that join it all together.

The astral dimension contains all of our thoughts, beliefs, memories, and the collective conscious and unconscious of the entire population of humans. Most of the time we are either thinking thoughts or feeling feelings, so we are astrally engaged nearly all of the time. In fact, quite often we are astrally conscious rather than fully present in the physical world. Just remember the last time you were on a long drive somewhere, how much of your time was spent focussed on scenery and how much of it were you remembering things you had done before or planning something for the future?

Each dimension operates differently and has a different set of rules. These are hidden, natural laws. You cannot hammer a nail into an (astral) idea, nor think your way through a (physical) solid wall. In the physical world we have the law of gravity and the concept of time. Neither of these things exists in any other dimension. In the astral

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¹[1] It is a mistake to believe that things beyond the physical realm are finite. There are endless dimensions, but they are so far removed from our everyday life that there is little point in talking about them. To say there are 5 dimensions is to provide a simplification of something vastly complex, so that it is understandable at this stage.

world there is the law of polarity, which means that there is an opposite potential for all things. Instead of 'happy' we can have 'sad'. Instead of 'inspired' we can have 'dejected', and so on. Polarity also exists in the physical dimension where we can have 'overweight' and 'thin', 'up' and 'down'. Polarity is not present in the etheric, soul and Divine dimensions.

The laws above affect us here below in the physical dimension so we might as well learn how to work with them. By recognizing and using the different dimensional realities, we gain some insight into how we can shape our lives. It then becomes easier to achieve what we want to achieve, to have a more conscious connection with our creator, and thus a much better life.

As you can see, the physical part might be the pointy end, but it is actually the smallest part of who we are. The physical dimension is the densest body that we have, and it includes our physical body and physical things in our universe.

The etheric body is very close to it, less dense but still able to be felt with the hands if you know how. It includes our aura, our chakras and the meridians that join everything together. This subject is covered in detail in my book, *Ignite Your Spirit*.²

The astral dimension is less dense again, and is the dimension in which all of our thoughts, beliefs, memories, dreams and emotions occur. As a human your consciousness is engaged in this dimension most of the time. It contains the familiar stuff (for better or worse) that fills your mind.

The astral dimension has no light source of its own, and relies on us to bring that light in from the soul and Divine dimensions. It can be a very confusing zone, where things are not always as they seem. The astral dimension is the biggest stumbling block to clarity and Divine oneness, so we need to spend quite a bit of time looking at how it works and how to master it.

The mind power movement of the last 50 years has contributed greatly to our consciousness of positive thinking and our ability to remove negative, fear-based beliefs. This shift in the astral dimension has brought positive changes and empowerment to many people. There is still a long way to go, and one of the limitations is that it still focuses on the mind, and how to use and control it. Making changes in our lives is even more effective if we work in the soul and etheric dimensions, as well as the important astral dimension.

The soul dimension is home, where we live when we are not physically and astrally embodied. It is eternal and huge, and is far less dense than the astral, etheric or physical parts of us.

Each person has a soul which never dies. Each soul is in the process of evolution, gaining wisdom and experience, different kinds of skills, and ever expanding consciousness. The journey of the soul is to become a perfected being of love, light, power and wisdom. The physical thing we think of as 'me' is just a part of the soul, in the same way that our finger is part of our hand.

Soul consciousness is very expansive compared to our usual mind consciousness. Through contact with our soul, it is possible to know things we have not actually learned before. Soul consciousness does not come through mind training, goal setting and logic, but through our intuition. Developing your intuition is therefore quite important. The fastest way to activate your intuition and gain Divine awareness is

2[2] *Ignite Your Spirit* by Kim Fraser, 2004 Brumby Books, or through our website, www.kimfraser.com

through development of your etheric body, particularly the heart chakra. Meditation is a great tool for this purpose as well.

The Divine dimension is the ultimate everything. It is the Heart and Mind of God through which all things originate. It is like a void because it contains absolutely no matter. It is pure consciousness, the lightest and finest of the dimensions. It is from here that God gave birth to our souls. The quantum field may be one and the same thing as the Divine dimension.

We have a Divine spark within us called our monad. Monadic consciousness is really rare on Earth, however people like Jesus, Krishna, Mohammed, Sai Baba, Amachi, the Dalai Llama and others, have developed themselves to such a degree that they can merge with God and survive. Not only can they hold this universal Christed energy, but they can assist others to do so through an energy transferal process which comes with vast spiritual development. Eventually every one of us will reach the level of development of these Great Souls in this life or another. The Divine plan says so.

As children of God all we have to do is ask for whatever we want or need, and our loving divine parent instantly sends the energy of that which we asked for to us. It comes into the top of our "V" of multi dimensional being-ness, and has to make its way down through each dimension to the physical one, where we hope to enjoy whatever we have asked for. Along the way there are various possibilities of blockage and resistance to living with ease and grace.

When we open to the way in which these different dimensions operate and affect each other, we can attain greater understanding of ourselves, why things happen the way they do, and how to make effective conscious change in our lives. We can actually realize that we are children of a very loving, benevolent God, and that we interact with Her constantly. We can become conscious of this interaction, and have real communion with the Divine mind and heart any time we want to. We can also find out how it is that we block ourselves from the very things that our hearts desire.

This article is an excerpt from Kim's new book Child of God. Child of God contains lots of simple and practical 'how to' concepts that will help you align through the different dimensions of your being, and find peace and happiness inside yourself. You can achieve your own magnificence!

Kim Fraser is a spiritual teacher and former barrister, who has helped thousands of people to ignite their spirit and find their own Divine essence. "Child of God" and her first book "Ignite Your Spirit" are available through Brumby Books, SCAL, good book stores or you can purchase them through Kim's website.

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