

## Lesson 6: The Nature of Personal Reality, Part Two: The Problem with Third Dimension Reality

The discussion of possibilities and probabilities from a scientific perspective was presented in Lesson 5: Part One. Now in part two we will be discussing how all this relates to you on a more personal basis with a little less science.

I open part two of the lesson by referring to a statement Einstein made in regard to the limitations of third dimension reality. The entire lesson will be built around this statement. Here is what Einstein said:

*A human being is part of the whole, called by us 'Universe'; a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely but the striving for such achievements is, in itself, a part of the liberation and foundation for inner security.*

This is a tough act to follow because Einstein sums up the nature of our reality or I should say points the way to a deeper understanding of the difficulties we incur as we bear the burden of the consequences of cause and effect on a personal and global level in third dimension. The uncanny ability we humans possess to isolate ourselves as individual units of consciousness or in small groups, whereby we give no thought to what else might be out there that is intricately tied to ourselves is a very gross illusion of separateness – in fact it is truly a delusion on our parts.

Einstein made mention of two very important words: liberation and inner security. Okay three words! But before we examine these words at close range, that is, how they apply to our own individual and collective experiences, I want to address another matter first. I want to go back to the sub-title of this lesson and I want to talk about the problem with third dimension reality which will lead us back to the matter of liberation and inner security.

So what is third dimension reality and why is it a problem for the human experience? First of all we are all individual and collective units of consciousness that experience physical life in a 3D reality in which our human experiences are manifested, good or bad, right or wrong, desirable or undesirable. For the most part our thinking does not originate from the third dimension but our thoughts do manifest instantly in the third dimension which is our present reality in the “now.” The majority of our thinking comes from a realm of consciousness often depicted as our soul, spirit or Higher Mind which includes our subconscious minds – the data bank of all our collective memory.

But perhaps before we go any further we should know what reality is. Reality is consciousness on any level of being as being and consciousness resides on various frequencies. We talked about these frequencies in Part One but there is still more to be said on the matter of how and why we need to raise our conscious awareness to a higher frequency as Einstein so eloquently alluded to.

The best way to get a grip on your 3D reality if it is returning undesirable results as possibilities that became a host of “likely to occur” undesirable probabilities manifested in your reality is to begin by managing your thoughts. When you learn how to manage your thoughts along with your feelings and emotions you cannot help but to raise your frequency, thereby raising your level of desired possibilities and probabilities automatically. The concept of managing your thoughts is best expressed as a journey of self-discovery. The reason why this journey of self-discovery is in our best interest at this stage of our evolution is that we have been heavily influenced by everyone in our circle of life from day one. Depending on their external influence on us as the result of their belief structures will affect us either positively or negatively in accordance with the formulation of our own belief structures.

The Buddha was known to say that *“We are what we think. All that we are arises with our thought. With our thoughts we remake the world.”* So you see not only do we remake our perceptions of our world – our reality, we also hold the power as individual units of consciousness to remake our perceptions of the world we live in, thus we effect change on a universal level. This becomes either a positive or negative effect of third dimension reality that is bound by our own self-imposed limitations which not only affects us but ultimately affects the world we live in. This is precisely what Einstein was talking about when he spoke about the limitations we place on ourselves while we are busy “attaining our personal desires” as if we were the only thing that existed in our world or the universe outside of our individual circles of life.

The compilation of our thoughts, beliefs, perceptions, and mental attitude along with what we are passionate about as well the relative behaviors we exhibit moves us along the path of actions which in turn produces **results**. Results are not produced by what we generally think, believe or perceive things to be on the surface but are produced by the direct effect of our own causes that is based on either adequate or inadequate belief structures most often concealed in our subconscious mind. This is the problem with third dimension reality.

We are limited by the boundaries of third dimension reality in space and time that are tied to a deceptive perception of what we believe to be true about our personal realities and the world we live in. The limitations are further compounded by the attainment of even more undesirable experiences that are connected to the ongoing affects of cause and effect – a domino affect. Therein lays the essence of Einstein’s imprisonment. The

bottom line is that thoughts rule our individual world and our global world on the mental and emotional planes of our being.

Einstein's "limited by time and space" in terms of how we think is to remember that the act of thinking is energy that is transmitted along the energy grids in space and time. I recently came across a new term for these energy grids which are described as Wave Structure of Matter aka WSM. Whether you call them QWFF's (see Part One) or WSM they are all one in the same – just an FYI. Anyway, Eckhart Tolle said *"Thinking has become a disease. It is not so much that you use your mind wrongly – you usually don't use it at all. It uses you. That is the disease. You believe that you are your mind."* This is the epitome of being restraint by time and space in third dimension reality in that we are restricted within the boundaries of our own self-imposed perceptions that what we hold in our minds are in fact the truth of who we are. This is very limited thinking because we have the ability to change or alter our perception of ourselves via a higher level of consciousness on a higher frequency. Again I take you back to the matter of consciousness.

Consciousness can be described as the great slinky in space time because consciousness moves up or down in spiraling patterns which mirrors the movement of our DNA. As an individual unit of consciousness you are simultaneously experiencing in many realities in the slinky of time or time space continuum – the universe. However, you are limited by time and space to only be consciously aware of one reality as you experience your reality in third dimension but you have available to you other means with which to experience realities outside of third dimension, i.e. meditation, yoga, OBE's (out of body experiences), etc., but you cannot remain in them on a 24/7 basis. You must always come back to your present reality until your physical life is completed.

Your earthly mind is not an etched in concrete depiction of who or what you really are in accordance with your perception of yourself which is always temporal. Your mind is a tool to assist you in the process of discerning your physical sensory / emotional experiences – your mind is not your weapon of destruction that is bound to a life of limited third dimension reality. Your mind reflects back to you through your experiences the exact degree of the thoughts, beliefs and perceptions you hold within it consciously or unconsciously speaking. That is, what you are aware of and what you are not aware of.

Time in third dimension is linear and moves quickly whereas objects in motion in space move through time more slowly. Just the fact that time is linear adds to the problem of third dimension reality because cause and effect is put in motion instantly whether or not we feel its effects instantly. But in defense of third dimension reality it is necessary as a base point from which to begin ascending in our evolutionary growth on all levels of our being. In addition third dimension reality affords human beings the opportunity to

experience emotion and every aspect of it along its high to low range. Third dimension, on the other hand, is the slowest moving level of consciousness which is clearly evidenced in our current state of evolution in the aspects of our being as being and no, that is not an error of redundancy.

Being as being by its very nature has always been the most pressing metaphysical, philosophical and scientific debate all down through the ages, when we ask for example, how is it that we are being as being, what does being mean and how can we know what we know intuitively speaking. How do we know the colors of the rainbow and how do we know to associate an object we recognize as an apple as being red, green or even yellow. Many philosophers and physicists believe that third dimension reality is all an illusion, as Einstein said “albeit, a rather persistent one” that becomes an illusion of reality via the five senses, whereas other aspects of our reality come from an innate knowing.”

Now the attributes of the apple, for example, are sensory experiences which are quite different from knowing something innately. The colors of the rainbow or the color of an apple is not empiricism, it is intuitive, something that we just know that we know, in other words the colors in the rainbow or the color of an apple cannot be scientifically proven, whereas its attributes in the framework of time and space can be measured, thus it becomes empirical.

An innate knowing comes from what you could say is an *a priori* because it relies on intuition as its basis of knowledge. Now I am not talking about knowing an apple is red because we learned this in kindergarten or earlier in life. We are talking about knowing that somehow that apple, as it appears in our reality, is in fact red or green and there lies the distinction. Optically speaking, both the object and its color is a message sent to our brain that becomes our sensory experience or our point of recognition. But where in consciousness do we intuitively know what is red or what is green – not just because someone told us – but how do we know to associate red as being red and green as being green.

It may seem that we got a little off course but we really didn't because the point of this part of the discussion was to emphasize that when we rely on sensory experience as a mental and emotional roadmap it generally leads us down a path to experiencing any number of undesirable “likely to occur” probabilities when our thinking, beliefs and perceptions exist on a lower frequency. On the other hand when we rely on innate/intuitive knowledge from our Higher Mind the results are far more favorable. In other words to experience the attributes of anything in life we rely on sensory associations, what it looks like, feels like, smells like, sounds like and tastes like as opposed to just knowing something innately, which incidentally, is the real deal.

While our sensory experiences are designed to serve us well they can also be the very obstacles that hinders our ability to raise our conscious awareness if not kept in check or even recognized to begin with as such. It is only with a new self-awareness that we can experience self-improvement in our third dimension reality, where we can optimize our possibilities by bringing them into a state of “likely to occur” desirable probabilities vs unlikely to occur desirable probabilities. Whatever plane of conscious awareness we are currently residing on can be elevated or at the very least extended out to withstanding a greater chance of invoking more desirable probabilities into our reality.

When you take one step followed by another you begin to see the proof in the pudding manifested in the form of **results**. These far more desirable results represent your own empirical proof. You are your own scientist or mathematician and you are constructing through your altered or changed thoughts, beliefs, perceptions, attitude, passions and behaviors your very own “what if” experiments empirically speaking – no ifs, ands or butts about it. The results are what they are, they are self-evident!

To the degree that you invest yourself in the pursuit of possibilities becoming “likely to occur” desirable probabilities applies to what Einstein described as the “liberation and foundation of inner security” that will, without a doubt, become your reality. This inner security will not come forth from an attitude of limited thinking, disabling beliefs and deceptive perceptions or lack of passion and the exhibition of behaviors that are not conducive to building a foundation of inner security, nor will inner security come from any other external source or influence.

In other words, to bring this down to a level that most everyone understands, money does not translate to true happiness if your programming is not designed to know how to assimilate prosperity and abundance monetarily speaking – you must be programmed to know how to be abundant from within, not from without. That is why so many people who win large sums of money in a lottery, according to statistics, lose it after the first year. It is because they are not programmed for monetary success and because they are not programmed as such they don’t know how to mentally or emotionally manage a sudden change in their financial experience. Your experiences will always correlate with your vibratory frequency. In order to raise your frequency you must raise your conscious awareness.

Another pitfall many people find themselves in is how they view their self-worth in a relationship. Relationships do not insure building a foundation of inner security nor are they liberating in the sense that you simply cannot perceive yourself as not being a whole without your significant other, spouse, friend, or whatever relationship or form of relationship gives you the deceptive appearance that you are what you are. No one person completes you but rather they enhance your experience when you are positioned mentally and emotionally to attract such an experience. It’s not about developing a

codependency on that person, place or thing in your life as a means of acquiring self-worth, it is about having acquired the ability to stand on your own two feet as a whole individuated person. The former kind of thinking is very dangerous! The big bad wolf will definitely huff and puff and blow your mental/emotional house down.

If you truly desire to become a liberated individual unit of consciousness focused on building a foundation of inner security then you must absolutely examine your manner of thinking, believing and perceiving right along with examining what you are passionate about and the behaviors you exhibit accordingly. An old Indian was once cited as having said “To understand everything, let go of what you know” because there is a good chance that most of what you know if not all of what you know is founded on a belief structure that is not suitable to what you could, would and should achieve in your human experience. This is the true measure of self-mastery and is a journey into the unknown where you sometimes must start from scratch – just as the Buddha did.

So as this lesson on the topics of possibilities and probabilities comes to a close, one last quote comes to mind which is this: “One can have no smaller or greater mastery than the mastery of oneself” – Leonardo da Vinci.

But I couldn’t resist this quote: “When the doors of perception are cleansed, man will see things as they truly are, infinite” – William Blake.

I thank all of you who have been following the lessons thus far and hope that you will continue to do so. I especially hope that Part One and Part Two spoke to you on a personal level and that you will commit to the act of learning how to raise your own conscious awareness not only for you own good but for the good of the race as a whole.

Sincerely,

Linda

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Resources ~

Herbert, Nick. (1985). Quantum Realities: Beyond the New Physics.

New York: Anchor Books.

Lore, Mary J. (2008). Managing Thought. New York: McGraw Hill.

<http://www.crystalinks.com/>

<http://www.spaceandmotion.com/>

All the rest came from my Higher Mind!

