



Fourness

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3D Consciousness to 4D Awareness

For the past 2000 years, during the Spiritual Age of Pisces, our three dimensional consciousness was physical, mental & spiritual. Body, mind & spirit were the three dimensions of our reality. Unconscious whilst asleep, sub-conscious while day-dreaming and conscious when awake were the three dimensions of our mental consciousness.

December 21st 2012 heralded the dawn of a New Spiritual Age of Aquarius: The Dawning or Awakening of Awareness. A 4th dimension of Awareness begins with a distinction between consciousness & awareness.

- Consciousness is being physically awake
- Awareness is being spiritually awakened
- Consciousness is revealed through 5 physical senses
- Awareness is revealed through 3 intuitive senses
- (Sub-consciousness is the awareness of 4 instinctive senses)
- Consciousness uses intellectual reasoning as a choice
- Awareness uses intuitive meaning as a choice
- Consciousness is rational
- Awareness is emotional
- Consciousness reveals our fate
- Awareness reveals our destiny

Awareness has 4 dimensions, which are physical, mental, emotional & spiritual. It has four levels of consciousness:

1. Unconscious Delta
2. Sub-conscious Theta
3. Conscious Beta
4. Super-Conscious Alpha

- With a 2D Consciousness, which is sub-conscious, instinctive & physical, we are victims of life happening to us
- With a 3D Consciousness, we attained a conscious intellectual choice of reasoning that allowed life to happen by us
- With a 4D Awareness, we have an intuitive choice that allows life to happen beneficially through us

In the 3rd Age of our spiritual development, we relied on the influence & authority of other people, both intellectually & intuitively, to secure our comfort & safety.

With the personal development of our own 4D intuitive awareness, we realise that we are divinely guided & supported on a personal path of expansive spiritual growth.

Four Densities Of Existence

In my Fourth Density, I am creating a care-free, effortless, quality of life; with the imaginative flair of my Soul's supra-conscious competence. I am free to create, explore & experience, my cosmic holon of existence.

In my Third Density, I am aware of the caring, mindful, intuitive, initiatives; which support a third way, of allowing opportunities to flow through me, with super-conscious competence. I am grounded and thriving in my organic holon of existence.

In my Second Density, I am striving to ensure my comfort & security of carefully minding by me; the conscious flux of intellectual lessons of duality, which are the cause of my conscious incompetence.

In my First Density, I am surviving the careless, mindless singularity of the instinctive problems, which happen to me, due to my fluid sub-conscious incompetence.

With Zero Density, there is no existence.

Four Dimensions Of Reality

The Planet Earth is designed to allow Four Dimensions of Reality to be simultaneously, individually experienced:

1. Two Dimensional Singularity. This is the Realm of Instinctive Survival. It is physical existence without a conscious intellect, where life happens to you.
2. Three Dimensional Duality. This is the Realm of Intellectual Striving. It is a physical & mental existence with a conscious intellect driven by sub-conscious instinct; where life happens by you.
3. Four Dimensional Triality. This is the Realm of Intuitive Thriving. It is a physical, mental & emotional existence with a choice of conscious intellect, intuitive awareness or both; where life happens through you.
4. Five Dimensional Quality. This is the Realm of Creative Unity. It is a physical, mental, emotional & spiritual existence with the conscious-awareness of a Creator; where life happens as you.

Every Incarnating Soul has a choice of four levels of Consciousness, which are creating these four dimensions of reality.

- Level 1: Unconsciousness. There is no purpose to incarnating on this level
- Level 2: Sub-consciousness. The purpose is to experience an instinctive life without choice.
- Level 3: Consciousness. The purpose is to develop the choices of an intellect, without intuition.
- Level 4: Super-consciousness. The purpose is to develop intuitive choices with a limited intellect.

- Level 5: Unity Consciousness. The purpose is to develop creativity with an instinctive, intuitive, intellect.

Four Dimensions of Reality allow the evolution of Consciousness to elevate to a vibrational level that realises, visualises, idealises & conceptualises Creativity as a Creation of a Creative Creator.

Four Dimensions Of Mental Reality

My Mentality is my mental reality. It has four dimensions:

1. Mind
2. Consciousness
3. Thought
4. Thinking

My mentality has a contrasting gender & polarity:

- Male Mind & female Consciousness denote gender
- Positive Thought & negative Thinking denote polarity

The gender & polarity of my mental reality are a personal perspective, irrespective of my physical sex.

- The positive thought of a male mind is rational intellect
- The positive thought of a female consciousness is intuitive awareness
- The negative thinking of a male mind is unconscious instinct
- The negative thinking of female consciousness is irrational over sensitivity

A female consciousness has a choice of intuitive or instinctive awareness, whereas a male mind chooses either an intellectual response or an instinctive reaction.

An individual mentality is a combination of mental perspective with conscious perception, which allows:

- Positive intellectual thought of the Mind
- Negative unintelligent thinking of the Brain

- Positive intuitive thought of the Heart
- Negative instinctive thinking of the Gut

Positive instinctive action occurs without either intuitive thought or intellectual thinking. Positive intellectual thoughts of the mind are inspired and positive intuitive thoughts of the heart are empowered.

Thinking is a process of the will of the ego Self, which is disconnected, uninspired, disempowered, insensitive, unaware, unemotional, inclusive and emotionally attached.

Four Dimensions of Emotional Reality

My Emotional Reality is my emotionality. It has four dimensions.

1. Emotion
2. Feeling
3. Awe
4. Aw

Emotionality has a contrasting gender with an opposing polarity. Male emotion & female feeling denote gender and positive awe & negative aw denote polarity. The gender & polarity of emotionality is irrespective of a person's physical sex.

- The positive awe of male emotion is an exclusive detachment called empathy
- The positive awe of female feeling is a sensitive connection called compassion
- The negative aw of male emotion is an insensitive disconnection called apathy
- The negative aw of female feeling is an inclusive attachment called sympathy

Male emotion has a choice of positive empathic awe or negative apathetic aw; whereas, female feeling has a choice of positively compassionate awe or negatively sympathetic aw.

An Individual's emotionality has a combination of male emotional perspective & female perceptual feeling, which allows:

- Being directed with positive emotional intelligence (Connected)
- Being lost in negative emotional ignorance (Disconnected)

- Being clear with a positive awareness of feelings (Sensitive)
- Being confused with negative feelings of denial (Insensitive)

With the direction of a positive perspective and the clarity of a positive perception, emotional feelings of awe herald beneficial opportunities in a life of fulfilled destiny.

Being lost with a negative perspective, due to emotional ignorance, and being confused, with an awful denial of awareness of perceptive feelings, augurs the problems of a fatefully doomed life.

Four Essential Essences

The Essential Essence of Creation is its potential.

The Four Essential Essences of Creative Potential are:

- Aether
- Energy
- Matter
- Motion

Motion is essential to matter, energy is essential to motion, aether is essential to energy and matter is essential to aether.

- There is no apparent motion without matter
- There is no apparent energy without motion
- There is no apparent aether without energy
- There is no apparent matter without aether

Creative Potential is realised through the emotional feeling of the mental mind of the physical body of a spiritual entity.

The essential nature of physical matter is:

- Plasma
- Gas
- Liquid
- Solid

The essential nature of energy in motion is:

- Flair
- Flow
- Fluid
- Flux

The essential nature of etheric thought is:

- Supra-conscious
- Super-conscious
- Sub-conscious
- Physical-consciousness

The Source of Creativity is Pure Consciousness. The essential nature of pure consciousness is attained through:

- The solid flux of physical consciousness
- The fluid liquidity of sub-conscious mental intellect
- The gaseous flow of super-conscious emotional feeling
- The ethereal flair of supra-conscious thought

The Essence of All Creation is Ethereal Thought:

- The essence of the Creator is the aether
- The essence of the creation is matter
- The essence of creativity is motion
- The essence of creative potential is energy

It is not possible to be aware of all four Essential Essences from a singularly solid physical state of conscious flux.

Consciousness became the 'Hard Problem of Science' because it could not prove the existence of the essential nature of the Aether, with only the logic of rational intellect.

Only the Spiritual Psyche of Supra-conscious Flair, aligned with the Emotional Pneuma of Super-conscious Flow and the Mental Nous of Sub-conscious fluidity, can appreciate the Matter of a Solid Conscious Flux of a Real Experience called Life.

The Four Divisions Of Nature

The Four Divisions of Nature are the subject of the Periphyseon; the work of a philosopher, theologian & poet of the Early Middle Ages called John the Gaelic Scot from Ireland (c.800 – c.877).

The 4 Divisions of Nature are:

- Naturally creating yet not created. That which creates and is not created is the source of the power for the creation of all things. This is emotional feeling.
- Naturally creating and naturally created. That which is creating and created is the creative force of all things. This is mental thought.
- Naturally created yet not naturally creating. That which is created but does not create is the matter of material creation. This is physical experience.
- Neither naturally creating nor naturally created. This is the spiritual aether.

Emotional feeling, mental thought, physical experience and spiritual aether are the four natural divisions of the created, creative, creativity of the Creator.

- Emotional Feeling is the power of creativity
- Mental Thought is the authority of the creator
- Physical experience is the ability of the created creation
- Spiritual aether is the creative creator's potential

The Ancient Philosophers intuitively knew these to be the four elements of a creative nature:

- The emotional flow of Pneuma – Air
- The mental fluidity of Nous – Water
- The physical flux of Soma – Earth
- The spiritual flair (flare) of Psyche – Fire

It is the nature of the Universe to be creative. The nature of creativity is to create or not create, be created or not be created; or

a mixture of both. This is the duality of the Creator & the Creation;
the creative creator and the created creation.

When God is defined as the Universal Creator, then this is the
Nature of God.

The Four Elements of Energy

Greek Philosophy named the matter of our four spiritual elements as:

Earth, Water, Air & Fire

They represent the energy of:

Physicality, Mentality, Emotionality & Spirituality

All energy has a motion, which has:

Flux, Fluidity, Flow or Flair

- With flux, I am physically enabled to overcome resistance
- With fluid thought, I am mentally authorised to overcome inertia
- With emotional flow, I am empowered to overcome entropy
- With spiritual flair (flare, fire), I connect with the wonder of my inspired imagination

My imaginative flair allows the emotional flow of fluid thought to be the flux of my ideal physical experience.

- When my physical experience is without flux, I am frustrated
- When my emotional feeling is without flow, I am confused
- When my mental thought is not fluid, I am lost
- When my spiritual flare is without flair, I am stuck

When:

- My body is earthed and presently in flux
- My mind is watery and fluid
- My emotion is a clear flow of fresh air
- My spirit is on fire with flair

Then: My chosen path through life is direct and clearly present.

The Fourth Dimension Of Energy

The Fourth Dimension of Energy is Flow.

Flow is the sum of the force, the magnitude and the potential of energy.

From a three dimensional perspective, the potential of energy is relative to its force & magnitude, but from a four dimensional perspective, the absolute flow of energy becomes relative to the potential of its force & magnitude. Force & magnitude are the potential of absolute flow.

- Absolute flow has a relative potential, which is relative to its magnitude of force
- Absolute flow has a vibration, which is relative to its frequency & wavelength
- Absolute flow has a reality, which is relative to its space & time
- Absolute flow is an experience, which is relative to its thought & feeling

Absolute flow was originally defined by Philosophers as the Aether. Unfortunately, four dimensional flow cannot be seen from a two dimensional scientific perspective, which has no real vibrationally energetic potential.

Seen from a two dimensional scientifically intellectual perspective, flow is called:

- The quantum void
- The quantum vacuum
- A quantum field
- A point of dielectric inertia
- Dark energy
- Dark matter

- A spatial plenum
- Exotic Energy

Flow is the Universal Creative Potential. As science could not prove the existence of an Aether, it now defines four dimensional flow as: 'A vortex of subtle, fluid, unknown vacuum, which is mass-less, continuous, non-viscous & incompressible; without material qualities but responsible for all the properties of matter'.

When our flow of unenlightened conscious thinking is without the flow of the empowered love of our emotional feelings, then our rational logic has no emotional intelligence, our spiritual logic is devoid of a fourth dimension to energy and our flow is greatly restricted and unable to be creative.

Four Dimensions Of Physical Energy

The Four Dimensions of Physical Energy are:

1. Force
2. Strength
3. Power
4. Stamina

- Force is the ability to overcome both inertia & resistance
- Strength is the ability to apply resistance to force
- Power is the ability to fulfil the potential of force & strength
- Stamina enables the ability of continuing power to apply force & strength

1. Force is fluid
2. Strength has flux
3. Power has flow
4. Stamina allows flair

- Force is will power, not emotional power. I do force.
- Strength is resistance applied with resilience, not force. I have strength.
- Power is a breath of fresh air, which inspires emotionally when I feel good. I am being powerful.
- Stamina is potential, which takes time to fulfil

Stamina requires a continuously powerful, strong force to be applied with a sufficient supply of fuel. All dimensions of physical energy require fuel, which is ignited by oxygen and exhausted by carbon dioxide. A build-up of carbon-dioxide that is not exhausted

causes muscle exhaustion and the inertia of lactic acid. Oxygen is the flare that ignites the fuel. Fuel is stored by the body as:

- Sugar in the blood
- Carbo-hydrate in the muscles
- Fat in our fuel storage cells

All three types of fuel provide physical energy when oxygenated by the cardio-vascular system; with exhausted carbon-dioxide avoiding muscle exhaustion.

- Working isolated muscle groups to exhaustion promotes strength
- Working muscles anaerobically without oxygen causes exhaustion
- Working muscles aerobically with oxygen promotes power & stamina

1. When Force is good, it is fluid
2. When Strength has resilience it is gentle and its flux has flex
3. When Power gracefully flows, it endures with stamina
4. When stamina endures, it has kindly flair

A gentle force of resilient strength allows power to flow and stamina to endure.

A mindfully authorised force in a resilient physical body flows with the empowered emotion of spiritual flair.

Four Aspects Of Self

Real, True, Authentic & Actual are the four aspects of Self:

My Real Self is the self that is creating my perspective of reality. In my disconnection from Source, my real self is my sub-conscious id. The id causes my perception of reality, relative to the effect of what is happening to me in life. My perspective of what I perceive to be real is the instinctive experience of my real self. I am creating my own reality relative to my sub-conscious beliefs about reality and I instinctively react to life, accordingly.

My True Self is the self that is creating my true perception of reality. What I perceive to be true with my physical senses is what I believe to be my true perspective, which is true for me. I cause to happen in life what I believe to be in alignment with my true perspective, in the belief that it is a true expression of my truth. Life happens by me as a physical truth that I experience as real. I have no distinction between my truth and my reality because I consciously experience my truth in alignment with my sub-conscious beliefs. In my spiritually unawakened state of being physically conscious, my ego sense of true self is driven by the instinctive sense of what I believe to be the reality of my sub-conscious id.

My Authentic Self is the author of the truth of my reality. When I spiritually awaken to the real truth of my authentic self, I realise that my id is not really me and my ego is not truly aligned with my destiny. My id and my ego self, in my disconnection from Source, have not been perceiving the truth of my experience of reality. When spiritually awakened to my destiny, I allow my Self to follow the plot of my Author, as the Hero of my adventurous ideal life. I follow my true path and my reality is authentic. My authentic Self ideally writes my Book of Life, so that I may authentically experience it on purpose and fulfil my destiny. The author of my vision for my life is my authentic Self. My super-conscious intuitive

vision allows life to flow through me as the reality of my authentic truth.

My Actual Self is the Creator of my authentic, true reality. As my actual Self, I realise that there is actually just me having infinite authentic lives through all eternity.

- My Authentic Self creates my True Self
- My True Self creates my Real Self
- My Actual Self creates the potential for authentic creations of my really true Self

My Self is actually, authentically, truly, real, when I am being all the aspects of my 4 dimensional Self.

When my sub-conscious Id, conscious Ego, super-conscious Soul and supra-conscious Entity are all aligned as One, I actually am a really true expression of my authentic Self.

Four Choices Of Authority

When life happens to me, I am choosing to follow other people's authority. My sub-conscious mind is programmed with the beliefs, the fears, the morals, ethics, standards & boundaries of other people. With external authority, I will need their motivation to realise my choice.

When life happens by me, I am choosing to follow the authority of my ego. My conscious mind believes that it is in control of its own destiny whilst still subjected to its own fate. Making conscious choices requires will power to manifest them as a reality.

When life happens through me, I am choosing to follow the authority of my inner guidance. My super-conscious mind guides me with inspired revelations & intuitive insights. With super-conscious choices, I am empowered to realise my dreams.

When life happens as me, I realise my own authority is a divine choice. Making divine choices authorises a divine life.

My supra-conscious choices are creating my own ideal reality of choice. My supra-conscious omniscient authority connects with my omnipotent creative power.

Four Experiences Of Life Happening

1. Life Happens To Me

I am at the affect of what other people & other things cause to happen to me.

I am the victim of what bad people or bad things do to me.

I benefit from whatever good things are done by good people to me.

2. Life Happens By Me.

I cause the affect of what is happening in my life.

Good things happen only when I make them happen.

I solve my own problems.

I am to blame for whatever goes wrong.

3. Life Happens Through Me.

I allow my path in life to unfold through me.

I am creating an effect, there is no duality as I have overcome the judgment of what is causing an affect.

Life is effortless when I let go, get out of my own way & follow the path of least resistance.

I allow all others to follow their own path.

4. Life Happens As Me.

I create my own reality as my own conscious choice.

My life is ideal because I deal it for my Self.

Life is an expression of who I really am.

I am at one with everything in my reality.

Four Levels Of Certainty

Level 1. Uncontrolled Uncertainty

When life happens to me, I am not in control and what occurs is uncertain. I am unaware of my own sub-conscious incompetence.

Level 2. Controlled Uncertainty

When life happens by me, I am in control of my own choices but uncertain as to their outcome. I am the conscious cause of my own potential incompetence.

Level 3. Uncontrolled Certainty

When life happens through me, I let go of control in the certainty that whatever occurs is beneficial. I am aware of my own conscious competence.

Level 4. Controlled Certainty

When life happens as me, I am certainly in control of a beneficial occurrence, as I am consciously creating it. It is a certain creation of my super-conscious competent awareness.

Four Levels of Awareness

There are Four Levels of Awareness:

1. The awareness of the sub-conscious Id.

This is unconscious unawareness.

With unconscious unawareness life happens to me.

I am unaware of the cause of my fate.

2. The awareness of the conscious unawakened ego.

This is conscious unawareness.

With conscious unawareness life happens by me.

I am aware of what is causing my doom.

3. The awareness of the conscious awakened Self.

This is conscious awareness.

With conscious awareness life happens through me.

I am at the effect of my cause.

4. The awareness of the Soul.

This is unconscious awareness.

With unconscious awareness life happens as me.

I am the creator of my own destiny.

The Four Levels Of Vedic Consciousness

The Four Levels of Vedic Consciousness are:

1. Ahamkara
2. Buddhi
3. Manas
4. Citta

Ahamkara translates as the cause of anything that I do. My sub-conscious programmed Id is the cause of my instinctive reaction.

Buddhi is my intellectual capacity to form & retain concepts, reasons, judgments, comprehension & understanding. It is my conscious intellect thinking pro-actively.

Manas is my intuitive connection to my super-conscious cosmic intelligence, with instant access to my responsive a priori knowledge.

Citta is my pure universal imagination, with supra-conscious access to the source of infinite creative power of an eternal mind.

- Ahamkara is sublime ignorance
- Buddhi is rational intelligence
- Manas is emotional intelligence
- Citta is spiritual intelligence

Four Levels Of Manifestation

Manifestation is the emergence of a new experience into physical existence. There are four levels of manifestation:

1. Realisation: I realise that I am reactively tolerating what is happening to me in my two dimensional mental reality. I realise that I have sub-consciously manifested a problem.
2. Visualisation: I visualise what is happening by me as a pro-actively intended plan. With my conscious intellectual thinking, I visualise succeeding in manifesting my challenging three dimensional physical reality.
3. Idealisation: I idealise a four dimensional emotional reality manifesting through me. With my super-conscious intuitive feelings of support, I am responsibly enabled to accept whatever is occurring as beneficially ideal.
4. Conceptualisation: I conceptualise a five dimensional reality, conceived in my imagination as a new creation of my creative Self. My supra-conscious original thought manifests my imagination as a real experience of my Spiritual Self.

I manifest on 4 levels of Consciousness:

- Level One is a sub-conscious manifestation, which is mentally realised
- Level Two is a conscious manifestation, which is physically visualised
- Level Three is a super-conscious manifestation, which is emotionally idealised
- Level four is a supra-conscious manifestation, which is spiritually conceptualised

My current level of manifestation is relative to my present level of consciousness, which is the level at which my mind is processing my thoughts.

My authority to manifest physical experience from mental thought is relative to the potential of the purity of the power of my emotional feelings.

My ability to consciously manifest my reality is relative to the level of my emotional power that accompanies each level of my mental authority.

Four Levels of Emotional Competence

There are Four Levels of Emotional Competence:

1. Unconscious Incompetence

This is being unaware of my emotional energy and my emotional need for power.

I am sub-consciously driven to get my emotional needs met.

I do not intuitively feel anything, I am insensitive & disconnected emotionally.

2. Conscious Incompetence

This is being aware that my emotional power is low without knowing who I need to be and what I need to do to consciously raise it.

I feel bad and I am oversensitive to my attachments

3. Conscious Competence

This is attained when I learn to meet my need for emotional energy quickly and effortlessly my Self.

I respond to my feelings instead of being the victim of my emotional reactions.

4. Unconscious Competence

This is attained when I orient my life in alignment with my True Values and my purpose for this life-time.

I allow my inspired revelations and my intuitive feelings to guide me and support me.

The Four Initiations Of Life

The 1st Initiation is into a conscious physical body at Birth.
This is the Initiation of Earth or Soma when life happens to me & I develop Strength.

The 2nd Initiation is into the liquidity of the sub-conscious mind called Baptism.
This is the Initiation of Water when life happens by me as I develop Nouse.

The 3rd Initiation is into the super-conscious breath of the heart, which is called Confirmation.
This is the Initiation of Air, breath, wind, gas or Pneuma that confirms my allowing the core emotions of my source to flow through me.

The 4th Initiation is into the supra-conscious spiritual plasma called Enunciation.
This is the Initiation of Fire that spells out the unity of the Self as the Soul when life happens as me.

Earth, Air, Wind & Fire are aligned as the Soma, Nouse, Pneuma & Psyche that is my Strength, my Mind, my Heart & my Soul of my Physical, Mental, Emotional & Spiritual Life.
As I determine whether life happens to me, by me, through me or as me; I initiate a new strategy in the evolution & development of who I really am.

The Fourth Choice

When life happens to me, I have no choice.

I have one option and no choice.

My only option is to survive or die.

Life or death is only one option.

I endure whatever life throws at me.

When life happens by me, I have two choices and many options.

I realise that I live in a dual reality world in which I either succeed or fail.

I have a choice of good or bad, right or wrong, black or white, positive or negative.

I can choose right or left, up or down, backwards or forwards, go or stay, action or reaction.

There are an endless number of paradigms, paradoxes, dilemmas & opposing choices for me to choose.

When life happens through me, I have a third choice.

The third choice overcomes the drama of a relative dual reality experience.

Life happens through me when I am physically balanced, mentally neutral & emotionally in harmony.

I am physically accepting, mentally allowing & emotionally approving of whatever is happening in my life.

When life happens as me, I am at choice.

At choice, every thought is creative.

I am at the choice of my imagination.

Whatever I imagine is my choice.

Creating my four dimensional reality is my 4th choice.

Four Levels Of Life Experience

I experience life on one of four levels of conscious-awareness:

- I instinctively survive life happening to me
- I intellectually strive for life to happen by me
- I intuitively thrive with life happening through me
- I imaginatively create life happening as me

Life experience is the effect of the level of conscious-awareness of my choice of action:

- I am sub-consciously instinctively reactive
- I am consciously intellectually pro-active
- I am super-consciously intuitively responsible
- I am supra-consciously imaginatively creative

There are four active aspects of my Self:

- My reactive instinctive self is my Id
- My pro-active intellectual self is my Ego
- My response enabled intuitive Self is my Entity
- My creative imaginative Self is my Soul

“The true Id-Entity of the Ego is the Soul”

- An Initiation of Water alerts the sub-conscious Id
- An Initiation of Earth awakens the conscious Ego
- An Initiation of Air allows awareness of the Entity
- An Initiation of Fire enlivens the Soul

Each initiative allows a higher perception of perspective:

- My instinctive survival is often intolerable
- My intellectual striving is only just tolerable
- My intuitive thriving is most acceptable
- My imaginative destiny is divinely ideal

Each perspective allows the adoption of a perceived role:

- I intolerably survive my role as a zombie
- I tolerate the striving of my role as an automaton
- I accept the thriving of my role as an avatar
- I create the creativity of my role as a creator

Life is an existence on four levels of experience:

1. Mentally-Physical
2. Physically-Mental
3. Emotionally-Mentally-Physical
4. Spiritually-Mentally-Emotionally-Physical

Four Qualities Of Vitality

Vitality is the quality of a quintessential five dimensional experience of reality. My vital reality is five dimensional. A five dimensional real experience essentially requires five dimensions of Consciousness:

1. Being Alive
2. Being Alert
3. Being Awake
4. Being Aware
5. Being Vital

A five dimensional Consciousness is vital and essential to the realisation of the Soul by its Self.

- My human cells are alive, yet unconscious to the higher purpose of my body
- My sub-conscious mind is instinctively alert, to survive the discomfort & insecurity of being alive
- My conscious mind is awake to the physical tasks required to ensure my comfort, safety & security
- My super-conscious awareness connects my Self to the intuitive guidance, support & provision of my Soul
- The vitality of my supra-conscious Soul Entity is vitally essential to the ascension of my Self on its evolutionary path through Life

The attainment of five dimensional conscious-awareness is quintessentially a vital reality, for my Self to align with my Soul and for my Soul to realise its True Self.

Vitality is a quintessential quality attainment, being essentially the essence of the Soul in a fifth dimensional reality. Discovering my

essential nature is a really vital aspect of a purposefully fulfilling evolutionary journey through life.

The Fourth Dimension

The Fourth Dimension is not time, contrary to Einstein's theory.

Time is the 2nd dimension in a space-time-reality.

The three dimensions of energy, matter & motion in a space-time-reality, each have a fourth dimension:

1. The fourth dimension of the Motion of Spin, Orbit & Rotation is a Revolution. The Earth spins on its axis, orbits the Sun, rotates with the Solar System and revolves around the centre of the Milky Way Galaxy.

2. The fourth dimension of the Energy of Wavelength, Frequency & Vibration is Spirit. An emotional wavelength of Love, with a mental frequency of Light, allows a physical vibration of Life; to be the experience of a fourth density Spiritual Consciousness.

3. The fourth dimension of Matter with a Length, Breadth & Height is Depth. A length of Time, with a breadth of Space and a height of reality, allows a Depth of Awareness.

A Depth of Spiritual Conscious-Awareness is the Revolution awaiting each of us in the Fourth Dimension.

With no depth to our physical consciousness, there is no awareness of a fourth dimension of reality beyond space & time. The gateway to this fourth dimension is Intuition.

Being 4 Dimensional

The greatest challenge of a 3 dimensional world is to personally develop and grow to become a 4 dimensional Being.

I connect to my Supra-Conscious Mind when my sub-conscious, super-conscious & conscious minds become of one Mind.

I become Spiritual when my physical, mental & emotional 'bodies' come into harmony and balance.

I experience the 'Fire' in my Life when the elements of earth, air & water become my nature.

I discover my true Psyche when my soma, pneuma & nous are united as one.

I explore my true Strength when my heart, soul & mind are in unison as the one Son of Man.

I find the Divinity that I seek when my Trinity comes into Holy Communion with the father, son & holy ghost.

My 4 Dimensional Beingness is the Holy Communion that is the Strength of my Psyche and the Fire of the Spirit of my Supra-Conscious Self.

A Four Dimensional Consciousness

A three dimensional creature inhabits a three dimensional reality.
I cannot live in a four dimensional reality because I can only see three dimensions of reality, but I can imagine one.

A three dimensional being has three dimensions of consciousness.
I am conscious, I am sub-conscious & I am super-conscious.
I imagine my fourth dimension of consciousness as being supra-conscious.

A supra-conscious Being has all three levels of consciousness in alignment.

All frequencies of thought & wavelengths of emotion form a congruent vibration of energy consciousness.

A four dimensional consciousness thinks with one mind.

My id, my ego and my entity are united as one Soul.

All three levels of consciousness are in holy communion.

There is no distinction between me, myself & I.

My three dimensional consciousness creates a three dimensional reality and a dual reality world.

My four dimensional consciousness sees a triality as my chosen experience.

Four Dimensional Fulfilment

Fulfilment has three dimensions of:

1. Reason
2. Meaning
3. Purpose

Reason is:

- Objective
- Intellectual
- Influential

Meaning is:

- Adjective
- Intuitive
- Experiential

Purpose is:

- Subjective
- Instinctive
- Existential

1. In the 1st Age of Man, the subject of my existence is instinctive. I am subjected to an instinctive existence
2. In the 2nd Age of Man, the objective of my influence is intellectual. I intellectually influence my objectives
3. In the 3rd Age of Man, I am adjectively aware of my intuitive experience. I intuitively experience my adjective awareness

My spiritual journey through a physical, mental & emotional life is fulfilled with the existential purpose of influential reasoning, with intuitive meaning.

The fulfilling unity of my body, mind & emotion requires a reasonable objective with an adjective meaning for my subjective purpose.

I am fulfilled when my enhanced subjective instinctive existence is enlightened by an influential intellectual objective; which is further enriched by my experiential adjective intuition.

My reasonable influence on a subjective existence develops meaning through an adjective experience of being fulfilled.

The meaning of a reasonable life purpose is gained through the existence of every influential experience of personal fulfilment.

Quintessentiality

Quintessentiality is the reality of the quality of five dimensional human nature.

The nature of consciousness is that it has five dimensions of reality. Attaining five real levels of consciousness is the quintessential potential of all human beings.

Attaining the quality of quintessence requires the attainment of the four preceding levels of Consciousness:

1. Unconsciousness is the inert potential of unrealised consciousness
2. Sub-consciousness is the instinctive nature of unconscious entropy
3. Consciousness is the intellectual nature of the realised awareness of the flux of sub-conscious instinct
4. Super-consciousness is the awareness of the reality of a flow of personal intuitive intellect

Quintessentiality allows the supra-conscious awareness of a fifth dimension of conscious-awareness:

- Singularity is a one dimensional level of unconsciousness
- Duality is a two dimensional level of sub-conscious incompetence
- Triality is a three dimensional level of conscious incompetence
- Quality is a four dimensional level of conscious competence
- Quintessentiality is a five dimensional level of unconscious competence

Unconscious competence is the experience of being in the spiritual zone of the now of time, the gap of space and a personal flow of reality.

The experience of the reality of the zone of five dimensional conscious-awareness is quintessentially the highest attainment of a spiritual being enjoying the reality of a fulfilling physical experience.

The quintessential nature of all incarnate human beings is to ascend to a 5th dimension of Consciousness, as a really true expression of the nature of Human Existence.

A Depth Of Awareness

A Depth of Awareness is a 4th dimensional attainment.

In a 3 dimensional physical reality, physicality has three dimensions of length, breadth & height. The fourth dimension is depth. A three dimensional perspective sees depth & height, like width & breadth, as the same thing. A four dimensional perception has a deeper perspective. It intuitively sees its depth of awareness as a perception beyond its physical perspective.

A three dimensional perspective sees its height or level of conscious perspective, as the depth of its awareness. It sees it as the same thing when limited to its:

- Unconscious delta brain waves
- Sub-conscious theta brain waves
- Conscious beta brain waves

It has no distinct depth to its awareness when physical consciousness is the height of its mental capacity. Three dimensional physical consciousness has no depth of awareness of a fourth dimensional higher mental state of super-consciousness. With higher super-conscious alpha brain waves, I connect to my intuitive sense of deep awareness.

With no depth of awareness, my consciousness is limited to my three dimensional shallow thinking. I am embodied in a three dimensional thought form, which does not allow me to think outside of the box. Thinking outside of my three dimensional box requires a four dimensional depth of intuitive awareness, using the super-conscious alpha brain wave capacity of my brain.

Attaining a depth of awareness allows my three dimensional intellectual thinking, which is two dimensionally instinctively driven, to be intuitively guided by four dimensional inspired thoughts.

My deep awareness of an alpha level of four dimensional consciousness is super-intuitive.

The Four Horsemen Of The Apocalypse

An Apocalypse is seen as a disaster and the fate of all Humankind who are trapped in a negative perspective of reality.

The Fourth Horseman rides a pale Ashen Horse, called Death, on a journey to Hades or Hell. The rider is synonymous with the Grim Reaper, the harbinger of death. Death is seen as the final apocalypse or disaster for mankind.

The Third Horseman rides a Black Horse, carrying the Scales of Justice that represent balance. The rider represents the problems that we face and the frustration that is experienced, when we are out of balance with our true nature.

The Second Horseman rides a Red Horse, which is synonymous with our emotional power. The rider represents the pain that is experienced from the frustrated confusion of a lack of emotional power.

The First Horseman rides a White Horse, carries a Bow & wears a Crown; to fight the fear we encounter in life when we are lost.

From our negative perspective of life, the first three horsemen represent the fear, pain & problems of physical existence, when we are lost, confused & frustrated. Our white fear, red pain & black problems are symbolic of the ashen state of a living death, which signifies our personal apocalypse in life. A living death is a disastrous experience of Hell on Earth. Hell is not a place I go to when I die but a physical experience of a Slow lingering death, experienced here on Earth.

From a Positive Perspective:

The White Horse symbolises Mental Authority (Water) and the positive direction in which my authority of choice leads me. A confident choice of authority overcomes all fear and I am never lost because my direction is inspired.

The Red Horse symbolises Emotional Power (Air) and the clarity of my emotional awareness inspired by my empowered authority. Inspired with emotional power, there is neither pain nor confusion, just a feeling of empowered clarity.

The Black Horse symbolises Physical Ability (Earth) and my presence in physical reality to overcome any tolerations or problems. In the absence of challenging problems, there is the ability to see clearly in which direction all of life's opportunities exist.

The Rider of the Pale Horse (Fire) symbolises spiritual life with a clear presence of direction, without being lost, confused or frustrated. The Pale Horse rides towards its Destiny, not the fate of its doom, with authority, power & ability, not fear, pain & problems. The Four Horsemen of the Apocalypse herald the beginning of a new destiny of Heaven on Earth, not the existing fate of hell on Earth. A long meaningful Life on Earth, not a slow decline towards death on Earth.

There is always a choice of perspective that is either negative, fearful, painful & problematic or positively authorised, empowered & divinely enabled.

They represent the four spiritual elements, dimensions or realms of Earth, Air, Water & Fire.

The Four Gunas

A Guna is a personal perspective of how life is perceived to be, relative to an Individual's belief system. Beliefs determine perspective and how we individually and collectively perceive and experience reality.

There are four different gunas, perspectives, experiences or beliefs as to how life happens. My real life experience happens in alignment with how I believe it occurs, relative to my personal experience.

We each have an individual perspective of life and a belief about how our experiences in life are happening. This is what makes us individually unique, with our own exclusive perception or choice of what is currently occurring.

There are four ways, called gunas, as to how I see life happening from my own experience. Everything in life either happens to me, by me, through me or as me. My perspective of life allows any one of these four choices to apply for everything that occurs in my life. However I believe life to happen, is my experience of reality; so how I personally believe life to be occurring, is a real experience for me. Our character is driven by our beliefs and we tend to adopt the character of the role that we believe that we are playing in life:

- When I play the role of a victim or a follower, life is happening to me in ways that are out of my control.
- When I play the role of manager or leader, I believe that the best way for me is to make life happen by me. When I take control of managing my own life, and often other people's as well, life happens by me. When my perspective is that life happens by me, not everything always goes to plan. Both good and bad things appear to happen to me, even though I believe that I only do good things by me.

When life happens to me, it is often a problem and when life happens by me, it is often a challenge. I am limited by the absence of my own emotional power and I am limited by my mental beliefs or convictions about how creative I am or not.

- When I allow life to effortlessly flow through me, it is certainly powerfully creative and very opportunistic. It is only my belief in how life happens to me or by me that limits my flow of divinely creative emotional power and the flow of beneficial opportunities in life, which naturally flow through me.

In Hindu Philosophy there are three gunas that are described as tendencies of our character.

- When life happens to me, I am expressing the guna of Tamas and life appears to be dark, destructive & chaotic
- When life happens by me, I am expressing the guna of Rajas and I am motivated with passion & desire to actively pursue what I want or need, but I am often confused as to the outcome of my actions.
- When life happens through me, I am expressing the guna of Sattva with balance, harmony & goodness.

When I create my own reality with conscious-awareness, I am the Creator of my ideal life, which is happening as me.

- When life happens as me, I create a fourth guna and I am being the source of divinely powerful, creative energy called Shakti. I am creating the opportunity for my own personal ideal reality with the conscious-awareness of being the Creator.

Four Types Of Power

There are Four Types of Emotional Power:

- Motivation
- Will Power
- Inspiration
- Love.

Motivation is the sub-conscious controlled emotional power that I need from people & things to get me to take action.

With or without motivation, life happens to me.

When I have energetic power, I am motivated & when I need emotional power, I am demotivated and life is a problem.

Will Power is the power of my ego's will.

The mental will of my ego authorises my emotional will power.

With conscious will power, life happens by me.

I will live life my way until my will power is exhausted.

Will power is my self-motivation to overcome my challenges.

When my will power is exhausted, I fail the challenge, which is a problem.

Inspiration is the emotional power that effortlessly flows through me.

I am inspired & empowered to take my opportunities when life happens through me.

With the super-conscious power of inspiration, I have the unconscious competence to live an effortless life.

Love is pure emotional power or the power of pure emotion.

Pure emotion is undivided by the duality & intensity of gender & polarity.

With Love, Life happens as me, with Light.

Love is the creative power of the Creator.

Everything in the universe is created with the power Love:

- Lots
- Of
- Valued
- Emotion

Four Levels Of Weakness

Being Weak is being unable.

Weakness is my inability to act.

Strength is my ability to act with inspired & empowered authority.

The inspiration of my Soul, the power of my Heart & the authority of my Mind enable my strong physical action.

Uninspired action disempowers my authority & renders me weak.

- Emotional weakness disempowers me.
- Mental weakness un-authorises my choice.
- Spiritual weakness un-inspires me.
- Physical weakness disables me.

Incompetence is an emotional weakness.

Incapacity is a mental weakness.

Incapability is a physical weakness.

- Emotional strength is the empowered competence of self-worth.
- Mental strength is the enlightened capacity of self-confidence.
- Physical strength is the enabled capability of self-esteem.
- Spiritual strength is the inspired creativity of my authentic Self.

Any spiritual, emotional, mental or physical weakness will block my creative inspiration.

Four Instinctive Senses

I have Four Instinctive Senses:

1. Vestibular – Balance
2. Thermal – Temperature
3. Emotional – Pain/ Power Loss
4. Kinaesthetic – Movement

All four instinctive senses initiate sub-conscious reactions. When I react sub-consciously it is due to my instinctive senses. My instinct uses all four of my sub-conscious senses.

My sub-conscious Mind, called the Id, runs the physical body autonomously and reacts instinctively without consciously thinking. Instinct is a sub-conscious reaction by the body's autonomous operating system.

1. I sub-consciously react when I fall out of balance. My vestibular sense instinctively maintains my physical balance.
2. I instinctively release anything that is too hot or too cold to handle. My thermal sense automatically maintains thermal balance.
3. I automatically react when I feel pain or anger. My sub-conscious awareness maintains and balances my emotional power.
4. I instinctively blink to shield my eyes from moving objects. My kinaesthetic sense maintains a balanced motion & direction.

My four instinctive senses combine sub-consciously and autonomously to maintain my physical body and my physical actions in a balanced and effective way.

The Four States Of Matter

The Four States of Physical Matter are: Solid, Liquid, Gas & Plasma. The Ancient Greeks referred to them as Earth, Water, Wind & Fire. These are not the elements that are the basic building blocks of physicality, but the elementary states of those elements of physical matter.

The physical state of matter is relative to the amount of potential energy it holds.

Potential energy is the energy available to be given off as latent heat.

The amount of latent heat that an element holds is inversely proportional to the amount of heat energy that it gives off.

The paradox of the energy of latent heat is that the more an element has available, the less it gives off & the less it has available, the more it gives off.

Matter gives off heat as radiation, conduction or convection.

The more energy of heat that an element gives off, the hotter it appears; irrespective of how much latent heat it holds.

The colder an element appears, the greater the potential of the latent heat within its torus and the denser the structure of its physicality.

The larger the magnitude of the energy torus, the greater the space it encompasses, the colder it feels, the denser it is & the more potential energy of latent heat it holds.

As an element cools, its torus expands and as the torus contracts, the element heats up.

In physicality this is apparent when plasma becomes gaseous, when gas becomes liquified and when liquid freezes & becomes solid.

This is the physical process of material solidification, when the pure energetic flow of the aether becomes manifest as physical reality.

Energy is never destroyed, its torus just changes form relative to the frequency & wavelength of its electro-magnetic vibration within the vortex of the etheric flow.

Earth, Water, Air & Fire

Earth, Water, Air & Fire are the four metaphysical or metaphorical elements, dimensions or aspects of spiritual energy:

- Earth is the physical dimension of the corporeal body
- Water is the mental dimension of the astral mind
- Air is the emotional dimension of the ethereal heart
- Fire is the spiritual dimension of the absolute soul

Earth, water, air & fire are the four initiations or baptisms into spirit:

- The Initiation of Earth is a birth or re-incarnation into a physical body
- The Baptism of Water signifies the initiation into a conscious mental experience of our mind
- The Initiation of Air is an awakening to the awareness of our emotional energy and the power of positive states of being
- The Baptism of Fire is the realisation of conscious-awareness, which initiates the presence of the Soul

Each initiation or baptism opens a new perspective and a New Dawn dawns with a new perception of personal reality:

- From the physical perspective of the Earth, I am my physical body and life happens to me
- From the mental perspective of the conscious flow of thoughts from the mind, like water, I perceive that I have choice, I awaken to my own authority and life happens by me
- From the emotional perceptions of my heart-felt feelings, I am aware of the flow of air, wind or breath of life that truly empowers my Self, as I allow life to flow through me
- With the spiritual Vision of my Soul, I am alight with the fire of my creative energy, being authorised, empowered & enabled as a truly creative Spiritually Energetic Being

Earth, Water, Air & Fire are the four major signposts on a journey called Life.

The Path Of An Ascended Master

Initiation One

Birth on the physical Earth as a Body of Strength.

Awake to the conscious material reality of existence where life happens to me.

Initiation Two

Baptism of Water expands the sub-conscious Mind.

Alert to the astral or mental plane of time where life happens by me.

Initiation Three

Transfiguration of Air clarifies the emotion of the Heart.

Aware of the emotional etheric plane of space where life happens through me.

Initiation Four

Renunciation of Fire discovers the Spirit of the Soul.

Alive with the conscious-awareness of the super-conscious spiritual plane where life happens as me.

Initiation Five

Resurrection of the Master Monad on a supra-conscious plane of Consciousness as a fifth dimensional Ascended Master.

At Onement as the Creator & the Creation.

An Awareness Of Consciousness

- An Awareness of Emotion is a 4th Dimensional Perspective
- An Awareness of Consciousness is a 5th Dimensional Perspective

An awareness of consciousness perceives 5 dimensions, perspectives or levels of the Mind:

1. Unconscious Aethereal
2. Sub-conscious Mental
3. Conscious Physical
4. Super-conscious Emotional
5. Supra-conscious Spiritual

A supra-conscious spiritual awareness of one's creative potential is a 5th dimensional attainment. This level of perceptive awareness of one's creative potential, realises that we are each individually the creator of our own experience of reality.

What every Individual Creator is creating is the expansive evolution of their own conscious-awareness. I am creating my own spiritual awareness through the evolution of my own expansive consciousness.

The purpose of each & every individually created reality is the realised creative experience, being created on purpose. By being both the creative creator and the created creation, I am able to explore mentally, discover emotionally and experience physically, all aspects of my creative imagination.

With an awareness of consciousness:

- I know that I am the creative genie realising the potential of my own imagination
- Life happens 'as me' in my most ideal & beneficial way
- I discover that a creator is only as good as the creations they create
- I explore the extremes of what is creative and what is destructive
- I experience the most divine creations of my own creation

With an awareness of consciousness, there is no such thing as a bad creator; only a bad experience from the perspective of the created Self. Everything that has ever been created is ideal, beneficial, in divine order and fit for its intended purpose. Understanding the purpose of every creation requires the conscious-awareness of its creator.

A 5 dimensional awareness of consciousness has overcome the 3 dimensional relative dual reality of good & bad and is aware of the benefits of evolving through each successive level of consciousness, with or without awareness.

Unity Consciousness

Unity Consciousness is synonymous with Christ Consciousness, Sovereign Consciousness, 5th Dimensional Consciousness & Oneness.

Attaining Unity Consciousness, in a three dimensional physical world, is the spiritual equivalent of graduation. When I graduate to the level of Unity Consciousness, I attain the ultimate level of Personal Creativity, within this 3 dimensional physical realm. I attain the highest level of being Spiritual, whilst remaining anchored, earthed & grounded in physical reality. This allows my Self to be separate-in-togetherness with my Soul, whilst personally creating & experiencing my own ideal version of reality.

It is my vision and my life's purpose to create my own unique version of a beneficial, divine & ideal experience of life in physical form. Life on this physical world called Earth is an ideal experience because it allows the evolution of the Soul to attain a level of Divine Consciousness. A Divine Spiritual Consciousness, like all other spiritual attributes, is only attainable through a personal physical, mental & emotional experience. This spiritual experience is called Paradise, Shangrila or Heaven on Earth.

Unity Consciousness is attained with the unification of a divided or segmented consciousness, originally perceived to allow a relative experience of a dual reality world of choice. This requires a personal choice to:

- Bring the conscious, sub-conscious & super-conscious perspectives into the alignment of one Mind, called Oneness
- Overcome every dual reality dilemma with a third choice of a beneficial triune reality, called Sovereignty
- Attain the inner peace of no problematic physical dramas, no emotional trauma and no mental fear, called Christ the Saviour

When I unify my Self with my Soul, I am unifying my Self with all other Souls, as there is no division or separation at the level of the Soul Entity. I can only be at One with All That Is, with the attainment of Unity Consciousness. In Holy Communion with the Soul, each Self is in absolute union with every other Individual who has attained Unity Consciousness.

“Unity Consciousness is the destiny of every Individual’s Life Journey”

By the Law of Attraction, I only ever resonate with others of a like energy vibration. I can only be in mental accord, emotional harmony and physical likeness, with others of the same spiritual qualities, attributes & attainments. I cannot be at one and resonate with any impure divisive energetic states of being, and attribute Unity Consciousness to my Self.

The paradox is that the Oneness of Unity Consciousness is uniquely attained on a personal, individual & exclusive spiritual life journey through physical reality, as One’s Soul-Self.

Four Strategic Levels Of A Ten Dimensional Mind

1. Four Levels of Realisation. My Mind realises reality through the:

- Id
- Ego
- Entity
- Soul

2. Four Levels of Intention. My Mind intends to attain levels of:

- Survival
- Comfort & Security
- Awareness
- Creativity

3. Four Levels of Perspective. My Mind perceives life as happening:

- To Me
- By Me
- Through Me
- As Me

4. Four Levels of Belief. My Mind believes life is enabled with:

- Charity
- Hope
- Faith
- Providence

5. Four Levels of Consciousness. My Mind is aware of a thought being:

- Sub-conscious
- Physically conscious
- Super-conscious
- Supra-conscious

6. Four Levels of Thought. Thoughts appear in my Mind:

- Instinctively
- Intellectually
- Intuitively
- Imaginatively

7. Four Levels of Reality. My Mind senses reality as:

- Mentality
- Physicality
- Emotionality
- Spirituality

8. Four Levels of Truth. My Mind aligns with truth as being:

- Absolute
- Relative
- Personal
- Divine

9. Four Levels of Activation. My Mind activates:

- Reactively
- Pro-actively
- Responsively
- Creatively

10. Four Levels of Manifestation. My Mind manifests reality as a:

- Realisation
- Visualisation
- Idealisation
- Conceptualisation

My Mind is a Strategist with many strategic levels within many dimensional strata.

When my Mind, Imaginatively Creates a Concept of the Divine, Spiritual, Providence of a Super-conscious, Creative, Soul: I am, my Self, as Me.

Me, my Self & I are of One Mind, One Belief, One Perspective, One Realisation, of One Reality, of One Thought, of One Consciousness, with One Truth of One Intention to Activate one Manifestation of Soul; the Sole Creator of 10 levels of 4 dimensional existence.