

DISCOVERING THE SOUL'S  
PATH TO HEALING

# Awakening



to the

Fifth

# Dimension

REVOLUTIONARY WISDOM FROM ONE OF THE WORLD'S  
MOST RESPECTED MEDICAL INTUITIVE HEALERS

## Kimberly Meredith

FOREWORD BY C. NORMAN SHEALY, M.D., PH.D.

# AWAKENING TO THE FIFTH DIMENSION

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**KIMBERLY MEREDITH**

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ESSENTIALS  
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# A NOTE TO THE READER

Dear Reader,

This is not your ordinary book on healing. There are many books that can give you advice on how to heal from various diseases, often written by doctors or other health practitioners. Many of those books contain good information.

But this book, while also on healing, is written from a different viewpoint.

As a medical Medium, I have a spiritual worldview. I wrote this book on healing and living in the 5th Dimension from that perspective. Much of this information will be new to you, and I encourage you to read through the book carefully. The advice in this book is powerful, and I hope it will inspire you to explore the 5th Dimension healing in your life.

In addition to spiritual practices that will lift you into the realm of the 5th Dimension, I have included a section that is devoted to practical 5th Dimension healing practices for your mind and body. These are all general recommendations, and I invite you to read through them to find the ones that resonate with you.

You'll see in reading this book that I often work with doctors and other health care professionals, and I feel that healing comes in many forms, through many ways. Working with a health care professional is an important thing to do for all of us. Since every person is unique, and since reading a book is different from having a one-on-one scan from me, this book is not meant to prescribe or diagnose medical treatment. Anytime in discussing our health, it is important to remind the reader to always consult your health practitioner before making changes that could affect your health. Please, do not discontinue or make changes to any medical directive your doctor has given you without consulting your doctor.

Of course, never do any meditative practice while driving or operating machinery of any kind. Above all, use your God-given common sense to always take positive actions.

May this book open a door for you . . . a portal into the 5th Dimension way of thinking and living.

Love yourself and others.

With love,

*Kimberly*

# **AWAKEN TO THE 5TH DIMENSION**

**The 5th Dimension Is . . .**

**Pure Love**

**Pure Light**

**Unconditional Forgiveness**

**Unconditional Acceptance**

**Instant Manifestation**

**Unlimited Possibilities**

**Beyond Time and Space**

**The God Vibration**

**Expansion**

**Healing**

**Ascension**

**Oneness**

**Interconnectedness**

**and so much more . . .**

**THE 5TH  
DIMENSION . . .  
AWAKENING  
TO YOUR  
OWN HIGHER  
CONSCIOUSNESS**

Life is like riding a bicycle. To keep your balance, you must keep moving.

**—ALBERT EINSTEIN**

I never imagined that I would one day be able to actually see through people's bodies and heal them. I am often referred to as a phenomenon because I blink in codes and receive messages from God in the 5th Dimension, where Miracles occur every day, and where the Holy Spirit is here to help us.

After my NDEs, my gifts fully awakened, but ***my Spirit Guides want you to understand that you don't have to go through an NDE, or experience trauma, to find God.***

As you will realize, we not only live in a multidimensional world, we don't die. We transcend and keep raising our consciousness, if we choose to. We are all multidimensional beings with the potential to access higher Dimensions—higher states of consciousness—and because of this, we can heal ourselves faster now than ever before. Our consciousness determines what Dimension we are in at any given time and what we choose to create in our state of mind. We are nearing the Ascension and taking a clear sense of responsibility

for our consciousness is absolutely necessary. Right now, I live mainly in the 5th Dimension.

Many people are experiencing the emergence of their Divine gifts as they deepen their faith and begin to live more fully in 5th Dimensional awareness and consciousness. We're witnessing people being healed quickly and more frequently. Energies are shifting. Many people thought 2012 was the end of the world; actually, it was the beginning of the Awakening. I had my NDE at the end of 2012, and at that time I knew nothing about the Mayan calendar. In that time, the supernatural of my Awakening was truly part of a vast conscious light moving into a 5th Dimensional matrix. Being a channel for Mother Mary can only come from firsthand experience. We all have abilities to tap into our own superpowers far off into a matrix of space. At this time, many Guides are here for us, to serve you and move you into the 5th Dimension, mapping the global grid.

I feel more people than ever before are ready for their own Ascension. Some feel they have had an Awakening when being healed from a severe illness or after experiencing an intimate Miracle or a Spiritual encounter. Some people have already ascended, in which they will reveal and demonstrate supernatural powers in positive ways, because we are shifting into a new energetic alignment, a 5th Dimensional level of consciousness of love and joy.

**The Ascension involves calling people out on abuse, identifying abuse, correcting abuse, and letting go of abuse. If you are doing misdeeds, you're going to get caught. If you're doing good deeds, you will become known. If you have a gift, it will**



**become known. This is all a part of the Ascension process. The truth will be exposed, and it will be beautiful and magical.**

You may wonder what exactly the 5th Dimension is and what separates it from our 3rd Dimensional material reality.

In materialist terms, scientists might describe the 3rd Dimension as where solid objects differ from two-dimensional drawings of them; whereas the 4th Dimension is space and time (time is also a Dimension that moves us forward into the 5th Dimension), and the 5th is a Dimension normally unseen by humans, which physicists believe is where gravity and electromagnetism unify.

But in spiritual terms, the 3rd Dimensional reality is artificial intelligence, electricity, technology, the glare of LED lights, suffering and pain and disease and greed and anger, and also very *me, me, me* oriented, very self-absorbed and mind-controlled. The 3rd Dimension is nonspiritual. The Guides don't like what we humans have created in the 3rd Dimensional world. They say the 3rd Dimensional world wasn't designed to exist for long because it embodies fear, egotist behaviors, and greed.

The 4th Dimension is Spirituality and love and compassion, along with the higher connections to Angels, your Guides, and the animal kingdom; while the 5th Dimension is the paranormal realm where miraculous healings come from. Many people have paranormal abilities and healing abilities in this world, but most aren't able to tune to those gifts with regularity. People can be awakened into the 5th Dimension when they begin witnessing multiple Miracles.

Let's examine these Dimensions more closely.

## INTO THE REALM OF MIRACLES

Dimensions are a means of organizing different planes of existence according to their vibratory rate. Each Dimension has certain sets of laws and principles that are specific to the frequency of that Dimension. Each Dimension vibrates at a higher rate than the one below. In each higher Dimension, there exists a clearer, wider perspective of reality, a greater level of knowing. We experience more freedom, greater power, and more opportunity to create reality.

You might think that the 3rd Dimension refers to the things you see, such as the house, the tree, the animal. In this dimensional context, these things are seen as part of form, that which has shape, mass, texture, and weight. Form is also present in the 4th Dimension and to some degree in the 5th. But in these higher dimensions, things are more light-filled, not as dense as they are in the 3rd.

The 3rd Dimension is locked in time/space. This Dimension is a schoolroom that Souls attend by inhabiting humanoid physical bodies to learn more about Creation. In the 3rd Dimension, life mirrors all that we are seeking to understand. Therefore, the process of creating via our thoughts and feelings is slowed down so that we can track the circumstances of what we hold in our consciousness.

The 3rd Dimension is a state of consciousness that is very limited and restricted and dense; 3rd Dimensional society and science seek to prove that the only reality that exists is the one we perceive with our five physical senses and urges us to believe that our 3rd Dimensional perceptions of reality are the only reality. Because we've been living in this 3rd

Dimensional reality for so many lifetimes, we tend to assume that this is the only reality available to live in.

A 3rd Dimensional “operating system” runs on rigid beliefs and a fairly inflexible set of rules and limitations. For example, in the 3rd Dimension, we learn to believe that bodies are solid; they can’t merge with each other or walk through walls. Everything is subject to gravity, physical objects cannot disappear, and we cannot read another person’s mind. There’s a solid belief that we have to work hard to accomplish our goals. Fear, judgment, and separation from the whole are pervasive.

The 4th Dimension is the bridge we’re on now and will be for a relatively short period of time. In traveling through the 4th Dimension, we are preparing ourselves for the 5th. Many of us have had experiences of the 4th Dimension for a number of years now, without realizing it as we connect more to our Angelic Realm and spiritual nature. We’re experiencing this Dimension when we have moments of insight and Awakening. Other times, it can happen when we’re simply feeling clear and quiet inside. Everything within and around us feels lighter and less rigid.

Time is no longer linear in the 4th Dimension; 4th Dimensional perception of past, present, and future is more fluid, as the laws of time and space change. We discover that time is malleable; they can actually stretch and condense, much to our 3rd Dimensional surprise. Because of the fluid nature of time and space in the 4th Dimension, our astral forms naturally morph. Hence, there is a huge mobility of form. A shaman or holy person who can shape-shift has learned to ground their astral form upon the 4th Dimension

so completely that they can temporarily change their 3rd Dimensional form.

Manifestation is much faster in the 4th Dimension. Thoughts and feelings create reality much more quickly than in the 3rd Dimension. In general, when we're experiencing love, joy, and gratitude, we're experiencing 4th Dimensional consciousness. When you have clear moments of clarity, you're in the 4th Dimension, a constant confirmation of amazing synchronicities of precious guided messages. Gratitude is the best way to live and move into the next Dimension.

The 5th Dimension is a life of Spirit, but there is still an experience of *I* as an individual member of the group. Linear time and space do not fear, and there is *no* illusion of separation or limitation. Instead, there is a constant experience of the *all*.

To enter into the 5th Dimension and stay there, all mental and emotional baggage must be left at the door. No fear, suffering, anger, hostility, guilt, or sense of separation exists there. Mastery over thought is a prerequisite.

All actions on this plane are based upon love because fear cannot survive the higher vibration of the 5th Dimension. If we were to experience fear while in the 5th Dimension, this would instantly lower us to the sub-planes of the 4th Dimension. The 5D-conscious mind has only one thing to experience, and that is love and light vibration.

## 5TH DIMENSION LIVING

In the 5th Dimension, we live in unconditional love, unconditional forgiveness, and unconditional acceptance. We have

no fear, no hate, or judgment of any kind, or self-competition. This Dimension is where the world could and will have complete healing. In the 5th Dimension, you think about something, and it becomes present. People generally communicate through telepathy and have the ability to read each other's thoughts and feelings with ease. The experience of time is radically different; some describe it as "everything happening at once." There is no distinction between past, present, and future.

This Dimension is magical and even so crystalline, you can have superpowers. I have touched into all my clairvoyant abilities in this Dimension, and I predict many of you will be able to do the same in the near future. **This is the Dimension where healing can take place fast and easy.** It is also where many Ascended Masters are reborn into this Dimension and come back to teach here and help others, or lead people to the Awakening, which has been happening since the beginning of history.

Many of us are having experiences or dreams that feel like visits to the 5th Dimension. These are very exciting and hopeful. They keep us moving on through the difficulties that sometimes arise as we travel through the 4th Dimension and into the 5th.

Not everyone on the planet at this time is making the choice consciously, or even unconsciously, to make the shift into the 5th Dimension. All souls have the choice to enter the 5th Dimension, given they have assimilated sufficient light to hold the energy levels that exist in that higher vibration. But many will be choosing to leave the earth within several decades to move on to other 3rd Dimensional experiences in

other parts of the Universe. They will not have finished with what 3rd Dimensional reality still has to teach them.

## THE 5D SUPERPOWERS

Once inside the 5th Dimension, it feels like you have superpowers. Just as Superman and Superwoman gain their superpowers from Earth's yellow sun, the 5th Dimension grants us powers beyond those of normal humans. Conversely, just like kryptonite, which harms and weakens Superman and Superwoman, the 3rd Dimension drains our strength and reduces our health.

Those who are on the path of Ascension may eventually possess clairvoyance, the ability to see beyond that which is perceived with physical eyes. Clairvoyance includes seeing with the third eye, also known as the inner eye or the mind's eye. For example, words, symbols, or other information may appear in the mind's eye of a person who possesses clairvoyance. This may happen unexpectedly as a form of guidance as the person goes about their daily routine, or it may happen as a result of their own intention of going within to search for answers. Information may come regarding the person who actually possesses the ability of clairvoyance, or information that pertains to others may come through.

Those who experience clairvoyance may also see the actual unfolding of scenes in their mind's eye. The scenes play out like the scenes of a movie. They may even see objects and people moving about in the scenes, or they may see still shots of scenes. The scenes often contain pertinent information

that they, themselves, may need or information that others may need.

One who possesses clairvoyance may also experience seeing the Spirits of those who have passed away. These Spirits may be higher-dimensional beings, such as Spirit Guides, or other Divine Beings, Spirits that are stuck between the 3rd Dimensional Earth and Heaven, family members who have recently departed, or other beings that are not incarnated on the 3rd Dimensional plane.

Those who experience clairvoyance may also possess the ability to see beyond the 3rd Dimensional plane. They may be able to see into the higher dimensions and into alternate realities (parallel Universes). Many parallel Universes exist in the same exact physical space that our 3rd Dimension occupies. They simply exist at an energy vibration that is different from our planetary energy vibration. Some parallel Universes exist at a higher-energy vibration than our own, and some exist at a lower-energy vibration than our planetary consciousness. Therefore, because our energy vibration does not match other energies, we normally do not perceive them.

A person who possesses the ability of clairvoyance and the other “clairs” (see below) may sometimes see into the other Universes. They may see physical objects, buildings, animals, and even other sentient beings in the other Universes. This is the opening of the third eye, the full kundalini Awakening, which happens in the 5th Dimension. After my NDE, I had all the “clairs” open up for me, including my trance channeling abilities, in the 5th Dimension.

People who possess the ability of clairvoyance may also be able to see the energy field that exists around all living

things. They may see a gray energy field surrounding living things, or a gray energy field emanating from living things. They may also see an energetic duplicate of objects. Some who possess the ability of clairvoyance may even see, in great detail, the colors of the auras of others.

Once we are on the path of Ascension, the veil begins to lift, and we begin to experience our true, natural, multidimensional nature. We transition beyond the 3rd Dimension to a higher state of being. We are no longer limited to the five physical senses of the 3rd Dimension Earth plane.

In 5D terms, we each have points in our natal astrological charts that show where we can link up to 5D abilities. Our charts also show where some might be better at *using* their superhero powers than others are. What I have found to be some of the determining factors are:

- 1. WHICH LIFETIME YOU ARE ON OUT OF NINE IN THIS SEQUENCE OF LIFETIME STAGES OF GROWTH WITH THESE SUPERHERO POWERS.**
- 2. IF YOU ARE UNDEVELOPED AND UNAWARE OF THEM.**
- 3. DEVELOPED BUT UNAWARE IT IS A GIFT AND IT CREATES REACTIONS FROM OTHERS THAT MAKE IT A PERSON'S KRYPTONITE, POWERFUL WHEN IT IS USED IN POSITIVE WAYS.**
- 4. DEVELOPING BUT UNAWARE THAT NOT EVERYONE ELSE HAS THIS POWER SO WE CAN'T UNDERSTAND *WHY* THEY DON'T GET THIS ABILITY OF OURS.**
- 5. FULL AWARENESS OF THE POWER AND JUDICIOUS USE OF IT; GETTING IN TOUCH WITH IT AND HOW TO USE IT.**



We do have these 5D abilities at our disposal. The progression of the planets has brought us to a place where we can begin to manifest them in true superhero fashion. Over the next two years, I believe we will begin to experience more awareness on a global scale with help from the higher civilizations (extraterrestrial) and Christ Consciousness.

We are now ascending in consciousness at a rapid rate into more and more 5D awareness, which will align with the Age of Aquarius. We will simply move from one Dimension to another as our own vibrational consciousness ascends higher, proving that we are multidimensional beings.

Imagine what each of these superhero powers will be like when we are *truly* like Harry Potter, living in the magic of the 5D world of love.

In a 3D time-space reality, there is a past, present, and future. All things and people are separate. This 3D reality assures that the past is always influencing the present and future. This mindset constructs, perceives, thinks, and acts according to preexisting events. This is the mind that functions according to fate. The 3D human is pushed forward in time. It evolves according to physical law and believes it is solely a body that eventually transcends.

5D humans are infinite in that they live according to universal and spiritual laws. There is no time or space. They are interconnected in the Oneness of the Universe; 5D humans understand the nature of a 3D reality yet know how to shape time and space to co-create the future. In other words, they are always, like the ancient mystics and avatars of old, dreaming their world into being. Everything, in every moment, is radically new. They have tapped the secrets of

the Universe to become the creator of their destiny; 5D humans know they are Spirit as much as they exist in a body. They know they are immortal and eternal. This mindset of genius gives the 5D human a freedom from a limited life experience. They live in a 3D world, yet know how to entangle themselves in the quantum field of infinite potential of the 5th Dimension.

All dimensions and all realities exist in this moment. We create our own right to choose our own choice to live in the fastest, greatest God Frequency, the 5th Dimension. Once you learn how easy it is to get into it, you won't want to be out of it, and when you shift into the 3rd and bounce back from it and see how quickly you gain your abilities to stay in the 5th, it will become apparent you have ascended into the 5th. Depression and the negative pull of 3D no longer have to be in your existence.

The 5th Dimension is the magical Dimension within which spontaneous disappearances of cancer tumors and diseases, or genetic mutations of tissues, occur with regularity. To tap into your 5D nature, you must unlearn and un-develop the 3D mindset of the ego that separates every word, every thought, every perception in every moment.

5D humans know they are Spirit as much as they exist in a body. They know they are immortal and eternal. This mindset of genius gives 5D humans freedom from limited life experiences. They live in a 3D world, yet know how to entangle themselves in the quantum field of infinite potential of the 5th Dimension, to create a super conscious and beautifully magical life experience based exclusively on the Law of One.

## THE 5TH DIMENSION'S SIX "CLAIRS"

***Clairvoyance*** means "clear seeing."

This is when visions—past, present, and future—flash through our mind's eye, or third eye, much like a daydream. Many of us are highly visual and able to understand an idea best when we see it written or sketched out as an image on a computer screen or on a canvas. Visual people often choose to be artists, builders, photographers, decorators, designers, and so forth. If this sounds familiar, your clairvoyance is most likely a dominant sense. This helps bring out your intuition and open up your kundalini Awakening. I look at a person and can see their complete aura in a few minutes; you can also do this with practice of meditation.

***Clairaudience*** means "clear hearing."

This is when we hear words, sounds, or music in our own mind's voice. On rare occasions, Spirit may be able to create audible sound, though this takes a tremendous amount of focused energy. Some of us retain and comprehend information best when we hear it spoken aloud. Our natural talents tend to lie in our auditory faculties, often making us gifted musicians, singers, writers, and public speakers. If this feels right to you, clairaudience may be a leading sense for you. I hear people when they cough and speak out from their throat chakra if they have certain illnesses, blocked emotional trauma, leading me into

people's bodies. The breath and sound of the lungs through Spirit will give me an accurate feeling of their condition.

***Clairsentience*** means “clear feeling.”

This entails feeling a person's or Spirit's emotions or feeling another's physical pain. Many of us are clairsentient without consciously being aware of it. When we get a strong gut feeling, positive or negative, about someone we just met or when we get the chills for no apparent reason, we may be tuning in to the emotional energy of a person or a Spirit around us. When we are highly sensitive and are in tune with not only our own feelings but also the feelings of others, this makes us natural healers and caregivers. We often feel inspired to pursue careers as doctors, therapists, counselors, nannies, and teachers. If this is you, clairsentience is at the top of your senses list. This is profound. When I receive messages from the Holy Divine, I get chills, and when I find cancer or other kinds of illness, I will get hot flashes.

***Clairience*** means “clear smelling.”

This is being able to smell odors that don't have any kind of physical source. Instances of this could include smelling the perfume or the cigarette smoke of a deceased relative, used as a sign of their presence around us. When our sense of smell is strong and distinct, we may find that certain smells connect

us to past memories, or we may be drawn to working as a florist, a wine taster, or a fragrance creator. When I have a sense of different smells around, it will mean Angelic or movement of Dimensional shifts are happening.

***Clairgustance*** means “clear tasting.”

This is the ability to taste something that isn't actually there. This experience oftentimes comes from out of the blue when a deceased loved one is attempting to communicate a memory or association we have with a particular food or beverage that reminds us of them. If we have a heightened sense of taste, this would make us natural chefs, bakers, or food critics. You might have an aroma memory of your grandma making your favorite foods. Smelling the person and the food calms you as well as your loved ones from the other side.

***Claircognizance*** means “clear knowing.”

This is when we have knowledge of people or events that we would not normally have knowledge about. Spirit impresses us with truths that simply pop into our minds from out of nowhere. An example of this would be a premonition: a complete ongoing nagging warning not to do something, a forewarning of something that will happen in the future. Claircognizance requires tremendous faith because there's often no practical explanation for why we suddenly

know something. Many philosophers, professors, doctors, scientists, religious and spiritual leaders, and powerful sales and business leaders tend to be highly intuitive and seem to just know the facts with a sense of certainty.

## HOW TO AWAKEN YOUR HIGHER CONSCIOUSNESS

I choose to channel energies from the masters, who are here to show people how to heal themselves, how to dissolve tumors, and how to regenerate their bodies faster and permanently heal themselves when you go into a state of God Consciousness—the 5th Dimension. In the 5th Dimension, you can access Miracles and be healed instantly. We are not God but a reflection of the loving Divine feminine and masculine energy of God source Frequency. I am an energy of God, a spiritual vessel and Guide to help you transition into a higher state of consciousness. And as a trance channel, to help open your gifts.

I have been where some of you have been and where some of you are now. I, too, have experienced loss, emotional uncertainty, physical pain, illness, and heartbreak. I have experienced betrayal from family members who were supposed to be my protectors, my advocates, and my primary examples of how to give and receive love. I was in an automobile accident and suffered life-threatening injuries. I've had struggles, multiple near-death experiences, and sadness at times, but I

have been healed. I could be gone right now, but I am here. We are all given challenges in this lifetime. It is important to understand that we all have lessons to learn. I am humble to know that God healed me in the 5th Dimension. I am truly grateful for this Miracle.

Prior to becoming the person I am now, I knew there were days when I did not think I would be able to make it, but I did. It is from these experiences that I now live as a light being embodiment of love, transformation, and renewal. I am deeply grateful to say I now live as spiritually strengthened living proof that even the most difficult challenges are surmountable. I share this with you so you will know no matter what you have dealt with, or are currently dealing with, you are not alone and there is hope. I am a living and breathing example of vast possibilities available to each and every one of you when you have complete faith in God and in this 5th Dimensional God Frequency. With each step you take toward personal healing, raising the vibration of your consciousness and leading by example, you create the possibility of hope.

Through my Guides, I help people awaken to their higher consciousness and activate their DNA. I am an open vessel directed to heal through my hands and scan through my eyes as I blink in multidimensional code frequencies. As I communicate through sign language and speak in 5th Dimensional Etheric Angelic Light Language, my gifts heal and awaken many people in order to help move humanity forward.

Every day, I witness miraculous healings in my office and at events I am featured. This is in a 5th Dimensional state of being. During healing events, I am divinely guided by the Holy Spirit into the audience to select several individuals

to receive medical intuitive scans, revealing many diseases, emotional traumas, and unusual conditions, past and present. When the Holy Spirit Guides me to those in the group who need healing, I am told through the grace of God, through my eyes and hands, to cross their arms over their chest, then to lay on hands and heal them through Christ Light. This is the sign that the energy of the Angels and master Guides through the 5th Dimension is truly working and God has made the statement of true healing. The Guides love to invite many individuals to join me onstage to assist in the laying on of hands. This is Divine intervention and the love of the Christ Consciousness, the true Awakening of the healing of our inner life force in this magical Dimension.

When I am guided during a healing, I begin by applying holy water and anointing oil to the person's forehead and the palms of their hands. When I start to pray on the person, I often hear in my ear a gentle whisper directing me to say to them, "Do you accept the Holy Spirit?" Then the person says, "I accept the Holy Spirit." After they've had a blessing, they confirm it by saying, "I am healed."

While this is happening, the most unbelievable thing is also happening to me, which I have a hard time explaining. My body goes through a time tunnel. I feel chills, my hands are numb, and I see a lake, mountains all around, and beautiful flowers. It is so wonderful and easy. I also feel so much negative energy leaving the person's body and the person is looking up at me happy or crying with joy. Often, we say, *I am love and I am light and I am in the 5th Dimension. I am healed. I am a child of God.* The person who is on the table has been healed, set free, and looks much different. This is amazing and feels



so incredible. This is when both of my eyes are blinking to signify GOD. “Hail Mary! By the power of the Divine Spirit, the person will be healed.” Everything is truly being guided organically by Spirit. God wants the person to be in the 5th Dimension and to be healed, and therefore they are healed.

To help magnify the healing power in the room, the more that people witness these Miracle healings, the more we are awakened into the higher 5th Dimensional magic, like a Harry Potter movie. That is why the Holy Spirit is here more than ever in the world. Religion is not about whose God is better. When I do healings and proclaim the Holy Spirit is going through my body, this reflects the energy of God. When you tap into the energy of the Holy Spirit, you access a loving, healing vibration. The Holy Spirit is not a religion. It cannot be associated with any religion because it has nothing to do with religion. The Holy Spirit is pure love and as pure love, it is one with the energy of God. I have known this since I was a child, especially during difficult times when I felt the presence surrounding me. The meaning of God is truly love and to be healed in the world where so much suffering is happening, and yet so many Miracles at the same time makes one perhaps wonder about free will. When we take responsibility for our own actions and consciousness, we win, and that’s when we move forward. We rise up and raise each other up. Our struggles are our strengths. Forgiveness is painful but possible and necessary to not accumulate unwanted energy of the 3rd Dimension.

Healing is one of the most important things you can learn and experience in life. It teaches you how to become involved in your own personal outcome and the outcome

of others. It extends to the personal actions and choices you make for your free will and your well-being and the well-being of others. Considering that we are living in 3rd Dimensional unprecedented times, we need unprecedented healing tools—supplemental and 5th Dimensional spiritual tools that teach us how to strengthen our bodies, minds, and Spirits. Healing is multifaceted. It encompasses the spiritual, mental, and emotional body as well as the physical. When we have the right tools, the highest tools, to actively participate in our own healing, we can move forward to heal ourselves.

During private sessions, I relay supplemental informational tools to further support all aspects of healing by addressing topics that include self-protection tools, Awakening your God Consciousness, organic holistic living and nutrition, boosting your immune system, avoiding toxic exposure to mercury and plastics, exclusive information about water, dechlorinating shower filters, meditation, and daily prayer.

In addition to supplemental tools and learning how to survive in a 3rd Dimensional world while building an intimate relationship with the 5th Dimensional frequency of God Consciousness, spiritual tools also include Awakening your highest gifts through DNA activation and telomeres, the protective caps on DNA strands that shorten with age and bad dietary habits. By lengthening your telomeres with a healthy diet and meditation, you can enhance your health and lifestyle.

When my Guides use me to do DNA activation through your eyes, it allows for a transmission and an easier progression into 5th Dimensional consciousness. At the time you

experience a change in your DNA, it begins to awaken the body as the result of growth that is now underway. One of the ways to activate the body is through the eyes, and we can experience a Christ Consciousness Awakening through our DNA being activated. Through the transmission of eye contact, I channel activations, and you may have an enlightenment through your eyes. DNA activation is a wonderful healing tool that can be used to remove sabotaging beliefs and experiences that can become lifelong impediments. When the Guides do the DNA eye activations, you can leave the 3rd Dimension and you start to awaken to your full potential—your gifts from birth. The trauma leaves your DNA, and you can have a rebirth. (This exercise is explained in the DNA activation chapter.) The full enlightenment of the trauma pattern woven into your brain, and kept locked into the “computer,” can be released and you can move into a higher GOD Consciousness. The world is much easier and lighter. The frequency moves with you. The 3rd Dimension is now harder for you, and you are drawn into a state of a faster pull of rhythm and telomeres, which is good for longevity of life span.

## **CONSCIOUSNESS IN THE 5TH DIMENSION**

By understanding we can embrace the 5th Dimension consciousness, we can fill our body with trust, love, and the light. It is through the grace of God’s loving energy that our DNA can be healed and pain can be turned into light. God is energy. We all have the ability to tap into this energy, manifest

it, and receive it into our bodies. It's quite simple when you learn how to release 3rd Dimensional energy, because healing can't happen in the 3rd Dimension. The 3rd Dimension is where disease, pain, and suffering reside.

The 5th Dimension is magical. It is where we come from. The energy of the 5th Dimension is a perfectly balanced duality of feminine and masculine energy. And when you start to go into this Dimension, the 5th Dimension—the Divine Consciousness, it's a ride! When you're on this ride, while I am laying hands on you and healing you of a particular disease, hernia, ailment, or even cancer, and your hands are held up high or in prayer on your heart chakra while you are channeling with me, feeling and truly accepting the love light energy as it dissolves out of your body, the energy is truly of a higher 5th Dimension, and it is amazing. The Energy of God is an actual energy that you feel during the healing, and this can be experienced in a webinar or huge stadium; nothing is too vast for the Holy Spirit. Scalar Energy and God can travel through all space and time.

Despite the challenges of living in the density of 3rd Dimensional energies, my Guides are saying it is time to move forward. The time for dwelling on past hurts, resentments, disappointments is past, and emotional karmas are gone when we move into a 5D state of mind. This is the time of the Ascension, the time for individual and collective physical and spiritual healing, and expansion of consciousness. The time has come to let go of the belief that to have spiritual and personal growth you have to linger in suffering. This is a false belief, and false conditioning, which have been held on to for long enough.

I believe in the next few years, more and more people will

have a full Awakening. The world is shifting more rapidly, and the good news is because of the 5th Dimensional teachings, the healings will become wiser and more knowledgeable. There will be a 5D organic living lifestyle with 5D foods and 5D spiritual relationships, which will move all of us together into this Awakening. So it is important for us to stay in this magical God Frequency as we shift together.

**Everyone can bring in the highest Spirit Guides and the highest Angels. You can be a spiritual warrior and turn your scars into triumphs. You can turn emotional wounds into glorious multidimensional progress to heal yourself and the world.** With high spiritual energies available to everyone, more and more people are going to massively be healed. Every day, my body holds more light and more energy from the masters. This allows me to become stronger as a trance channeler and medical intuitive. In my work and in my life, I am constantly moving forward, and I am living proof of what is possible through God.

People often ask me why I was chosen to do this work. It is the soul within me that has reincarnated to help people move into the Ascension. *When in the flow of doing my service, I feel a joyful, ecstatic exuberance.* I transform the energy of people's bodies, which is why I am called an alchemist. I do this as an agent of God. I do the work I am directed to do.

As a spiritual form, in existence and chosen many times before, this soul chose to do this work before I was born. I feel many people here have been chosen and are going to see soon they are healers and gifted in many ways to serve with Spirit. This is a joyful way to help the transition through

our Awakening. If people make themselves available to let in their Guides and Angels, and not let in 3D fear, and stay in the 5th Dimension, and equally care about the inner and outer spiritual world, and learn new tools related to spiritual ways of being, we can gain peace through kindness, as Dr. Martin Luther King Jr. proclaimed, and we all can take part in healing our world.

It is my hope that you fully embrace the idea that Spirituality can be an invaluable part of your life. God can be a part of your life. Our world does not have to be loud and angry. We can be peaceful, loving, and calm.

My Guides are highly intellectual, yet deeply compassionate for you and humanity, and they are saying, “We have arrived.”

Who I am, and my gifts, being a trance channel, and my Guides, come from higher civilizations. “We are messaging. We are here.”

They have arrived to tell people to spread joy and excitement so that we can move into the highest state of 5th Dimensional healing.

The information in this book is not intended to replace the advice of the reader's own physician or other medical professional. You should consult a medical professional in matters relating to health, especially if you have existing medical conditions and before starting, stopping, or changing the dose of any medication you are taking. Individual readers are solely responsible for their own health-care decisions. The author and the publisher do not accept responsibility for any adverse effects individuals may claim to experience, whether directly or indirectly, from the information contained in this book.

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