

5D MAGIC

Also by Ingeborg van der Pol

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Dimensie (2025)*

5D MAGIC

**The Complete Ascension Manual
for the 5th Dimension**

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Contents

Introduction

Part 1, Building Blocks of the New Age in 5D

Chapter 1: Our Arrival on Earth in 3D	3
Chapter 2: Ascension, Awakening in the 5 th Dimension	10
Chapter 3: How to Navigate in 5D	17
Chapter 4: The 12 Dimensions	23
Chapter 5: The Infinite Consciousness	30
Chapter 6: Monads and Oversouls	36
Chapter 7: The Soul	42
Chapter 8: The Veils of Illusion	49
Chapter 9: Soul Paths	56
Chapter 10: Twin Souls	61
Chapter 11: The Field of Consciousness	67
Chapter 12: The Chakras	73
Chapter 13: The Body Elemental	89

Chapter 14: Atlantis and Other Times on Earth	94
Chapter 15: Rays	102
Chapter 16: Masculine and Feminine Energy	113
Chapter 17: Hollow Earth	123
Chapter 18: Starseeds	128
Chapter 19: Stars and Planets in Our Universe	136
Chapter 20: Galactic Organisation	150
Chapter 21: Positions and Titles	158
Chapter 22: The Timeline of Our Universe	164
Chapter 23: Portals	173
Chapter 24: Chakras of the Earth	188

Part 2, Our Allies in 5D

Chapter 25: The Hierarchy of Angels	195
Chapter 26: Archangels and their Twin Flames	202
Chapter 27: Dragons	214
Chapter 28: Unicorns	224
Chapter 29: Ascended Masters and Their Twin Souls	230
Chapter 30: Other Ascended Masters	242
Chapter 31: Guides	252

Chapter 32: Nature Spirits	258
Chapter 33: Lady Gaia	265
Part 3, Healing Techniques in 5D	
Chapter 34: Opening the Heart and Higher Heart	272
Chapter 35: Cosmic Flames and Pools	284
Chapter 36: Crystals and Gemstones	291
Chapter 37: I Am Affirmations, Decrees and Initiations	297
Chapter 38: Building the Antahkarana Bridge	306
Chapter 39: Breaking through Programming	314
Chapter 40: Healing with Help of Our Allies	323
Chapter 41: Your Home as a Temple	332
Conclusion	342
Bibliography	345
About the author	351

Introduction

With 31 years of experience in the spiritual field, including 16 years working in my own medium practice and school, I thought I had seen everything there was to see in the spiritual realm. But in 2021, a whole new world opened up for me in one fell swoop: I woke up in the fifth dimension. After a period of many setbacks, during which I became ill, experienced disturbances in the energy around me and my youngest brother passed away after a difficult illness, my consciousness expanded to a higher frequency. It started with seeing ethereal dragons. With my technical background as an architect, it had already been a challenge around 2017 to accept the world of angels. Until then, I had mainly worked with guides and my deceased grandmother. But the angels and archangels showed themselves so clearly, and several people came into my life who pointed me towards working with angels. Slowly, I dared to open myself up to it. But when the dragons made themselves known, I had to take another step in expanding my daily consciousness and trust that I was not crazy, but developing spiritually.

Then I gained the ability to communicate telepathically even more strongly and my twelve chakras opened. My soul began to guide me even more as the personality I am in everyday life. To better understand the world I had entered and the possibilities of 5D consciousness, I began studying the work of Diana Cooper, Tim Whild, Alice Bailey, Joshua David Stone, and other mediums who write about the fifth dimension and the spiritual world. I am very grateful to them for all the wonderful

information they have shared in their books and online, and for everything I have learned from them, which I have been able to build on. I started a journal in which I wrote down everything I experienced and discovered in the spiritual world. That was actually the first step towards this book. After two and a half years of studying and researching, I was ready to start feeling comfortable in the new 5D world. During readings in my practice, I started to talk about the new consciousness and noticed that some people were interested in it. This gave me the idea to create a user manual for the New Age and 5D consciousness for people who, like me, would wake up in the fifth dimension.

Waking up in the fifth dimension is a shift in consciousness, allowing you to perceive more. An increasing number of people will awaken in the fifth dimension, and together we will create the New World. The biggest change is that the higher heart chakra will reopen, allowing the personality we are on Earth to connect directly with our original soul. In our current society, religion and science are the main anchors on which people base their world view. We are veiled and no longer know who we originally are. This world is called the third dimension. Since 2012, we have been in an in-between phase, the fourth dimension, but even here we do not yet remember our origins and the higher heart chakra has not yet opened. It is already possible for a lot of people to be in 5D, but in 2032, when the Earth is five-dimensional, it will be possible for everyone if they want it. You will then be able to live in connection with your soul as a personality again. The things you do will be anchored in love for yourself, for others and for planet Earth. In 5D, you will have twelve chakras at your disposal, giving you more possibilities. You will also no longer have to do everything on your own, as there are various allies in the spiritual world with whom we can collaborate.

In my observation so far, I see that there are two levels at which we can awaken in the fifth dimension. At the level of the daily personality and at the level of the soul. In recent years, I have discovered that people are sometimes already 5D at the soul level, but at the personality level they have no idea about this and still live in 3D or 4D. However, once the soul is 5D, the person has the opportunity to become 5D as well. Whether the person does so is up to him or her to decide. We have the Law of Free Will on Earth. But it is certain that in 2032, Earth will be 5D.

The book is divided into three parts. In the first part, the building blocks of the new era in 5D, you will find everything you need to know to understand the structure of the new world. In the second part, our allies in 5D, you will be introduced to all the spiritual beings who can help us in 5D. And in the third part, healing techniques in 5D, you will find several meditations and other healing techniques that you can use to heal, raise your light frequency and thus live your soul path on Earth. I hope you will enjoy reading this book and will have a wonderful journey in awakening in 5D.

Part 1

**Building Blocks of the
New Age in 5D**

Chapter 1

Our Arrival on Earth in 3D

The birth of a little brother or sister, moving house, these are often the first memories we have from our childhood. As small children, we are already spiritually aware of the world around us, but our daily consciousness is still partly asleep. Our parents or the people around us make most of the choices for us. Slowly, we begin to remember more and wake up to a world where we have to take our place. We are programmed how to live in order to be happy and what is expected of us. There are many different cultures and lifestyles on earth, each with a different programming of what a successful life should look like. But there are also many similarities. Almost all of us dream of an idyllic life, where we grow up as a child with a father and mother, brothers and sisters, and family and friends around us. We want a nice house in a good neighbourhood, go to school as a child and play with our friends, practice sports and have hobbies. Then we continue our education, start working, buy a house and have children of our own. And so life goes on.

Sometimes these patterns suit us very well and we live very happily, but often we feel alienated from ourselves, rushed by everyday life. Do we feel that we are failing because we cannot meet the expectations of society or our environment . In the crisis that arises, we begin to question our reality. Who am I, how does the world work, and do I want to be part of it? It is an

opportunity to break through the programming of our daily consciousness. We remember why we came to Earth, what our talents and preferences are, and make choices to manifest that. We feel the desire and get ideas to live the life we dream of. We choose a career switch, get into a new relationship, or move to a different place to live. We enjoy the opportunities that life gives us and embark on the new adventure with great enthusiasm. This time it will surely be better. We dream of starting our own business, getting married for the second time or starting all over again in another country. We feel liberated from the old burdens of our youth and experience a new energy that is released. But after a while, old patterns return. Problems arise again in our relationships, at work or with friends. What is going on?

The biggest problem is that we still live in the third dimension. That is a form of consciousness on Earth, where we do not yet live fully from our heart chakra. There may be moments when we act from our hearts, but sometimes the heart chakra closes again and we react from our ego or mind. We are often focused on ourselves and blame others for our problems. Our higher heart chakra is also not yet open, which means that our daily personality cannot yet connect properly with our soul. At important moments in our lives, we can experience the guidance of the soul in the third dimension as a desire to do something, for example, which study or job suits us. But often we lose our unique essence and act according to what the outside world demands of us. We are not yet faithful to our own path. You can imagine that the human being in his physical body, as we can see with our eyes, is the personality. We have thoughts, feelings, ego and willpower. When we die, our personality dies. But we are much more than that; we also have an immortal part. That is our soul. Our soul is unique and guides our personality. In the third dimension, part of our soul is in our body and light body, and part is more in the spiritual world. You can see the soul as

an enormous amount of energy, of which we can only carry a part in our body and light body in the third and fourth dimension. The further we develop, the more we will live from the soul, which comes through in our heart and higher heart chakra. In the fifth dimension, we live with our entire soul in our physical and subtle bodies; our soul and personality become one. In the third and fourth dimension, the soul can send rays of soul light through us as energy via our crown chakra. We can also experience the energy of the soul as tingling sensations in our body. However, many people still find it difficult to feel the soul's impulses and still live in a very ego-centred way. We do receive guidance from our souls that we are not on the right path, but we cannot always hear it or take responsibility for facing and healing the underlying patterns. That is why the patterns keep repeating themselves.

Until 2012, we lived in our current world with our consciousness in the third dimension. This moment has already been described by the ancient Maya culture as the End of Times. It was difficult for the Maya to estimate exactly what this end would mean, but now we know that it was the end of a state of consciousness of humanity. In 2012, the Earth's field of consciousness became four-dimensional, and in 2032, the Earth will be five-dimensional. This too had been predicted by the Maya. They called the 20-year period between 2012 and 2032 a Katun. They saw this specific Katun as a transitional phase in the Earth's energy field, in which everything that no longer works will collapse. This is typical for the fourth dimension. When the Earth is four-dimensional, it also becomes easier for humans to live four-dimensionally on Earth, and the same will be so with a five-dimensional Earth. There are people who have already lived in higher dimensions on Earth when the Earth was still three-dimensional, such as Buddha and Jesus. Jesus was seven-dimensional at the end of his life and developed upwards from

the third dimension during his lifetime. These are wise old souls who are capable of this and they come to Earth with a mission. But for most people, they align themselves with the frequency of the Earth.

When we are five-dimensional on a five-dimensional Earth, this means that we will open our higher heart chakra, for ourselves, but also for the people and the world around us. We will live according to our soul path and take responsibility for healing old pain within ourselves. Our personality and our soul will start to work together and merge, we will live inspired lives. The Earth will definitely be five-dimensional in 2032. This means that it will be much easier for people to be five-dimensional too. However, not all people will do this, but many will. It is a choice; people have free will. Some will remain in the third or fourth dimension with their consciousness until they have learned their lessons and have found the courage to move into the fifth dimension. People will also start helping each other to take that step. When we open our heart and higher heart chakra in the fifth dimension and take responsibility for our soul path and healing process, the struggle with life as we have experienced it in the third dimension will cease.

Now, between 2012 and 2032, we find ourselves in a strange in-between period. Some people are already consciously present in the fifth dimension, some are there occasionally and keep falling back into the third or fourth dimension, and others are still unconsciously in the third dimension. Every soul anchored in third-dimensional consciousness feeds the energy system of this dimension with its light. When a soul leaves the third dimension, this reality loses its power. Other souls still in the third dimension then try to bring the soul back into this system. They do this by working with fear in the person's emotional and mental body. When your environment is still in 3D or 4D and

you are already in 5D, you may be confronted with loneliness, uncertainty and fear. Is this real, am I crazy, everyone else lives that other way, don't they? Those around you may start to pull at you, because they are afraid that you are not doing well or because you are mirroring their fears, and they do not want you to change for their own peace of mind. They try to take you back. Your own old wounds, which can cause fears, can also resurface if they have not yet healed. As a result, when you are in 5D, you may temporarily fall back to 3D or 4D. Eventually, through a lot of trial and error, you will be able to remain more and more anchored in 5D. Through the network of light that surrounds the Earth, you will attract other people who are already present in 5D with their consciousness.

Living in a physical body in the third dimension is quite a challenge. As souls, we come from a high frequency where we can move freely. And suddenly we are stuck in a slow physical body with limitations. On a conscious level, we have forgotten this, but you may experience this as inner restlessness in feeling at home in your body. Young children in particular often have difficulty landing on earth, but many adults also still live mainly from their heads. Then there is the burden of caring for a physical body and health. We age, and with the years, physical discomforts often increase. We have forgotten how to take responsibility for healing our own bodies. We become dependent on others outside ourselves to heal illnesses. We are no longer aware of our light body and our chakras and do not understand that old imbalances in the chakras can cause illness in the physical body. That is why some illnesses sometimes seem to heal at first, but then return because the cause of the illness has not been resolved. We cannot heal all physical ailments ourselves. But in the fifth dimension, we will begin to understand how to use our inner healing power and when to seek help from doctors outside ourselves and work with them.

Many systems in our current society are typically 3D. Schools, healthcare, politics, business, finance, the media world – they have almost all originated from three-dimensional thinking. In most schools, children work in classrooms at the same tempo, with the same teaching material, and there is little to no room for personal development. The teaching system, which is determined by higher authorities, is passed on by the teacher. The teacher is not very free either, because everything has to be monitored precisely in the system, which minimises the teacher's personal input. You can see that after 2012, there was growing dissatisfaction with the education system and all kinds of new school systems emerged. Similar problems exist in healthcare. The 3D system has marginalised doctors and nurses, reducing them to machines, where every task is reduced to a time duration and must be monitored. The patient is now just a number and there is no longer any time for human contact from the heart. Salaries are lagging behind, the workload is too high, staff absenteeism due to illness and leaving is high, which further increases the workload. The major global Corona crisis has further made the problems in our current healthcare system visible. Similar processes can be seen in other systems. When more people awaken in the fifth dimension, there will be a powerful movement to make all these systems more human-oriented again.

Stories: My first life on Earth

During a meditation session in the aura reading education I was taking, we went back to our first life on Earth. I saw the Earth as a small globe in the distance, with the blue of the water and the green and brown areas of the continents. Floating through space, the Earth kept coming closer to me and getting bigger and bigger. Until I found myself on the continent of Africa,

where my first life began. I landed in the area where Niger and Chad are now located, in the middle of the upper part of the continent. It was dark and dusty there, the sun could barely break through the thick cloud of dust. Life in a physical body was difficult in that area. I saw myself as a little boy, dancing around while singing. My task was to bring light and love to this place, to the people, the animals and the Earth. I was not able to hold on for long, as I died at the age of six.

Chapter 2

Ascension, Waking up in the 5th Dimension

A feeling of joy, lightness and warmth in your heart in everything you do is very normal when you are in 5D consciousness. By opening the heart and higher heart chakra, the personality and the soul are connected and we can live inspired lives and understand who we originally are. This gives that feeling of joy and love. We can perceive the spiritual world again, so we are no longer lonely. Although we live more from elevated emotions such as love, gratitude and joy because the heart and higher heart chakra is open, we will also face challenges. Emotions such as anger, sadness and fear can sometimes be present too. We are allowed to be ourselves, with everything that we are. But in doing so, we will experience more support from the spiritual world, because we will be able to hear them better. This will teach us how to deal with difficult emotions and how to regulate them. We learn to switch back to love for ourselves and others more quickly. We can also connect with communities of people who are on the same wavelength as us, which makes us feel supported. Not everyone chooses to join a community; you can also walk your own path on Earth, but everyone will be connected in the spiritual world with their soul, guardian angel, and guides. In the fifth dimension, you get exactly what your soul needs on its path to learn and grow. Some manifest abundance in their lives, but that is not always

necessary. A sober life can also be a soul's desire. But everyone will always have enough, as long as you follow the impulses of your soul. The veils between the earth and the spiritual world will disappear, allowing us to perceive people, who have passed away, spiritually and to speak to our guides telepathically. In 5D, we are better able to understand what is written in our soul script and to live according to it. Nevertheless, the Law of Free Will still allows us to make choices that differ from those in our script. However, we must then bear the consequences.

How do you move from the third dimension to the fourth dimension and then awaken your consciousness in the fifth dimension? First of all, we are supported by the collective energy field on Earth, which we can connect to. Once the Earth becomes four-dimensional, it will also become easier for us to be in the fourth dimension. The most important impulse comes from our soul, which knows when we have learned enough on our soul path to be able to take that step. Often in life, you encounter situations that challenge you to make choices from the heart. Do you go for your own gain, for your ego, or do you choose the highest good for everyone from the heart? Every time you choose the heart in such a situation, the frequency of the heart chakra will increase. When the frequency is high enough, perception of the fifth dimension becomes possible. This is usually accompanied by a crisis. This crisis is also known as the "Dark Night of the Soul". These are major crises in our lives, in which everything we identify with as our ego is broken down. The old 3D system is being removed to make way for the 5D system with a higher frequency. This can manifest as a divorce, the bankruptcy of your business, the loss of friends or family, the loss of your job, or health problems. These are major events that drastically affect your life and challenge you to look at reality in a new way. This is often accompanied by feelings of failure and loneliness, where you cannot yet see where you are

going or whether things will ever be alright again. This process can take years, depending on the guidance of the soul and the strength of the ego to see through this process and follow the soul's leading.

Then there comes a moment when you see through the darkness and begin to see the light of your soul. Your soul begins to send clear signals that you experience as thoughts or feelings of things you want to manifest. You start looking for like-minded people around you to work with and accelerate this process. You open your heart to yourself. The first important step to take is self-love. What do you need to love yourself? Often we have to heal old issues from the past and from previous lives that stand in the way of loving ourselves. You can do this with energy work, mindset coaches, chakra healing or other holistic therapies. You cannot love another person or the earth if you do not first learn to love yourself. Then comes the movement of reviewing all the contacts we have with friends and acquaintances. Which connections resonate with our new frequency? Some friends become acquaintances, new friends join us, and others we gently let go from our lives because they no longer fit our new lifestyle. Or we can adopt a different attitude towards the people who are part of our daily lives, so that we become masters of our own energy field. New impulses arise about what we want to manifest in the world, why we are here on earth. This can manifest itself in a new job, a new relationship or a change of living environment. But it can also be small adjustments, such as breathing new life into your relationship, approaching your work with a different mindset, or redecorating your existing home. You may feel the need of throwing away old things from your home or taking them to the charity shop. Furniture, vases, books, anything you don't have fond memories of, does not belong in a five-dimensional life. Also, when your house is too full, energy cannot flow through it properly. Creating a powerful five-

dimensional energy field in your home can help you to keep your own frequency high. You become aware of your lifestyle, how you eat, sleep and move. Do these patterns fit with life in 5D? You can adjust your diet and start eating healthier. Perhaps you will choose to become a vegetarian. In any case, out of love for animals, you will start eating meat more consciously, choosing organic meat, eating no more than you need, and giving thanks to the soul of the animal. The food you eat will need to be organically or biodynamically grown. And we will not use more than we need. A sustainable lifestyle is part of life in 5D. Our homes will also need to be sustainable. We can use sustainable energy, such as wind and solar energy. Sustainable materials can replace old materials that are finite or difficult to recycle and harm the earth. We can use water sparingly by collecting rainwater and using it to water the garden. Or by using water-saving shower heads and taps and setting a timer for the time we spend in the shower. We can minimise our electricity consumption by choosing LED lighting and energy-efficient appliances in our homes. We can no longer live on Earth and just consume. We must also give something back to the Earth and be conscious of how we use Gaia's resources. There is already so much knowledge about sustainable building, sustainable gardening and sustainable lifestyles, but we have to start putting it into practice.

In the third dimension, we work with seven chakras, although not everyone can perceive them. The fourth dimension is an in-between phase, in which there are also seven chakras. In the fifth dimension, twelve chakras become active. This allows us to better connect with the spiritual world, because the new chakras that are activated give us access to that world. Angels, dragons, unicorns, Ascended Masters, we can consult them for help. By consciously healing these twelve chakras with chakra healing techniques, we can anchor our newly acquired consciousness

more strongly in 5D. Our body elemental will make itself known. This is the consciousness responsible for the formation of our physical and subtle bodies, and every life is present with us again. By working together with this elemental, also known as body consciousness, we can learn to heal our bodies. We take more responsibility for our health.

The oppression of women by men, which often occurred in the third dimension, was determined by a soul plan for Earth that originated at the time of the fall of Atlantis. In the fifth dimension, men and women will be equal in worth. This does not mean that men and women are the same, but rather that they are equally valued. Due to biological differences, we face different challenges as men and women. For a woman with a successful career, having children often presents a real puzzle in her career path. However, in the fifth dimension, there will be more support and understanding from the community for her path. Men will become more involved in raising children, and this will be more accepted, giving women more space to develop themselves alongside their families if they so desire. However, some women will have it in their script that they are full-time mothers or do not have children, and that is also possible. The point is that women have a choice and men and women work together. In the fifth dimension, there are equal opportunities and rights for men and women.

Once we start using our twelve chakra system and have healed our navel chakra, which is new in 5D, we will attract other souls who have their energy field on the same frequency as ours. We often know them from past lives and feel familiar with them. It gives us joy to be with them and it strengthens our energy field. We feel understood and no longer lonely. They will influence us to make choices in our daily lives that empower us and help us manifest our soul purpose on Earth. Sometimes they

will mirror the parts of our soul that are not yet developed. Then the connection can suddenly break. When you manage to look honestly at what is happening and show mastery over the soul wound, you can restore the connection at a higher frequency. Our twin soul will also come to us. Sometimes this will be in the spiritual world, sometimes in earthly life. This is a connection with a soul with whom you were originally one. It feels like coming home; you experience a connection deep in your heart and soul. However, such a connection is not only blissful. Any imbalance that you still have in your energy field will be touched and brought to light, requiring healing. Whether you will have a relationship with your twin soul depends on your soul path and whether you have healed enough to be together in the connection. But an encounter with your twin soul, spiritually or on earth, will always accelerate the awakening process and powerfully bring you back to your heart. Life in 5D requires us to become masters of our daily lives and take the responsibility to manifest where we came for according to our soul plan.

Awakening in the fifth dimension occurs on two levels, at the personality and at the soul. The soul is also initially veiled and goes through a process of raising consciousness. Once the soul is 5D, it can begin to give impulses to the personality to awaken in the fifth dimension. However, due to the Law of Free Will, the personality sometimes does not listen to the soul, and there is a long time between the soul reaching 5D and the personality doing so. Some personalities only ascend to the fifth dimension during the process of dying.

Stories: A treasure in the thrift store

When the children were small, there was a crisis in the construction industry in the Netherlands. With our own

architectural firm as our main source of income at the time, we had to live frugally. Because I had enjoyed playing the piano as a child, I wanted to have a piano in our home for my children. But buying one was beyond the budget. I had learned that I could ask the universe for help, so I asked for a miracle. To take a chance, I went to the local thrift store in a village nearby one morning. There were about 20 pianos there that had been brought in as a single lot that day. I couldn't believe my eyes. The store employee explained that this didn't happen every day, but that it was a large batch that they would be placing throughout the store. I asked if I could play some of them to hear how they sounded, and that was fine. A beautiful wooden Ibach caught my attention, and as soon as I started playing, I was surprised by its warm sound. Although I immediately fell in love with this piano, I didn't know if it was in perfect technical condition. There were some defects, but could they be repaired? At that moment, an acquaintance of mine came up and said she thought I played beautifully. I told her about my doubts about the technical quality of the piano. A second miracle happened: she said that her friend, who was also in the shop, was a piano technician and that she would call him over. He looked inside the piano and concluded that all the defects could be repaired, and gave me an indication of how much it would cost. I then decided to buy the piano. For a small price, the instrument was delivered to our home. A piano technician in the village repaired the piano. He determined from the serial number that the piano was from 1906 and had already been refurbished once. For a piano from that era, it was still in relatively good condition. From that moment on, music filled our home every day.

Chapter 3

How to Navigate in 5D

It feels like a blissful moment when we experience that we are five-dimensional and on our highest soul path. We feel love and joy for everything and everyone around us, our work flows naturally, and we are inspired to do new things. Challenges do exist, but we face them with optimism and feel supported by the help of the people around us and the universe. We are at home in the place on Earth where we are meant to be. At that moment, our earth star chakra is being activated in the twelve-chakra system. This chakra is not connected to our physical body, but is located about thirty centimetres below our feet in the Earth. It is activated when we move from the fourth dimension to the fifth dimension. When you first start working with the earth star chakra, it appears black and white. As you develop further, the colour changes, first to dark metallic grey, then to silver grey and finally to beautiful silver. The earth star chakra has several functions. It ensures that you are more deeply rooted in the Earth. Our blueprint for this life, the script for our soul path, can also be found in this chakra. Once you have activated the earth star chakra, it is therefore much easier to remember who you are. This chakra is also an important foundation for the entire chakra system and helps us navigate in the fifth dimension.

Once the earth star chakra is active, you gain access to all twelve chakras from the fifth dimension. The causal chakra, located

above the crown chakra, gives us access to the Angelic World. It is the gateway to the seven to twelve dimensional spiritual world where angels, dragons and unicorns reside. Many people are already used to work with angels. Sometimes they can perceive angels, but often they ask the angels for help in the form of a prayer. Dragons and unicorns are still somewhat unknown to most people. Dragons are ethereal beings from the spiritual world of the fourth dimension and higher, who can help us especially in the denser energies where angels cannot easily reach. You should think of cleaning lower energies, clearing blockages on your path or helping to manifest things in earthly reality. You do have to ask them, they are not allowed to do it on their own initiative, because of the Law of Free Will that we have here on earth. This law says that you should never interfere with someone's soul path unless that person asks you to. If you ask for others, it is permitted when you ask 'Under Grace', then you leave it up to the universe whether it happens or not. When you ask the dragons for something yourself, but you are not sure whether it is allowed according to your highest soul path, you can also ask "Under Grace". This means that you leave it up to the guidance of your soul to determine whether what you ask for is possible. Dragons come in different types and frequencies, each with their own powers and talents. Unicorns are ethereal beings and come from the star gate of Lyra. They are seven-dimensional or higher. They shine their light upon us and can help us heal old soul wounds. You can ask them to keep you in the light when you are on your highest soul path, so that you can see clearly what you are doing.

Our heart and higher heart chakra is the most important compass in the fifth dimension. Every time we are confronted with a challenge, we have a choice in how we respond. We can respond from fear, anger, sadness or frustration, but that causes us to lose our flow. It is more constructive to approach the situation from

a place of love, which keeps the frequency high. See it as a game, a puzzle or a challenge that you can solve with the help of all the beings and resources available to us in the fifth dimension. Have faith that only what you can handle will come your way. This will help you to experience peace in your state of mind. In your soul plan, you can discover patterns, see challenges and recognise your talents. When you encounter a problem in your life with this knowledge, it helps to shift your consciousness to a higher perspective. Where does this problem fit into your soul plan, why has it come your way? What do you need to learn from this? You then temporarily step out of the emotion and look beyond the situation. Once you have clarity, you step back into the situation and use this knowledge to find a solution.

In the same way, you can also look at the other person's wound when you are in conflict with someone. Instead of primarily responding with an emotion to the other person's action, ask yourself why this person is on your path. What does this person reflect in you that you need to learn? When you take responsibility for healing that part of yourself, the way the other person treats you will also change. After all, the energy field of the outside world mirrors the energy field of your inner world. Can you see why the person is behaving this way, what the wound is, and can you understand it? Perhaps this knowledge will also help you to forgive the person. These are all ways to move through life with more flow. Sometimes the things we experience are bigger than we can handle. We lose family members in war, through illness or through an accident. This is no longer about only encountering what you can handle. How you deal with such a situation is personal and different for everyone. Sometimes it is no longer possible to get over something or let it go. But you learn to live around it as good as you can. You can receive support from your community or religion, and you are allowed to be there with everything you

feel and are. Some people have a soul script that states that they are doing service work for planet Earth and will die as a result. They sacrifice their personal lives for a higher purpose. There are many examples around the world of resistance fighters who have lived this way. Here too, you can no longer speak of taking mastery over your life and raising the situation to a higher frequency. Dying for a higher purpose is then the higher frequency. In the fifth dimension, there will be peace, which means that many of the situations described above will no longer be necessary. But even then, people will still die. Due to the Law of Free Will, there will always be unexpected situations, and dying is a natural process at the end of our lives. But we will learn how to maintain telepathic contact with deceased persons on a soul level, we will learn to regulate our emotions, and we will have the support of our communities.

There are wonderful tools at our disposal in 5D, such as Mahatma energy, Christ light, cosmic flames, I Am affirmations and decrees, and crystals. We will discuss them further in this book. We can also work together with our guides, the Ascended Masters, and other high-frequency souls from this universe. When we need help to embody our spiritual power more fully, we can also work together with the elemental world. This is the spiritual world that lies behind our earthly world. For example, there are elementals for trees, tree devas, who have all knowledge and are responsible for the growth and flowering of the physical and subtle tree. But oceans, mountains, plants and flowers, and all life on earth also have an elemental who is responsible for the formation of the physical and subtle bodies. When we learn to work together with this elemental world, we can live in greater harmony with the earth. Through emotions and telepathic communication, we can connect with this world when our hearts are open enough.

Humans and animals also have a body elemental, the body consciousness. This is responsible for all unconscious processes in the body, such as breathing, heartbeat and digestion, and for building and maintaining the physical and subtle bodies. You can work with your body consciousness to heal your body. When your body elemental and soul work together, the cells in your body can contain more light from your soul. The better you embody the energy of your soul, the easier it is to live according to the script for your highest soul path. You are then strongly anchored in 5D.

Stories: Two black fluff balls

We had a cat and two guinea pigs as pets when I was growing up. When I was with pets, I never felt lonely. I could connect with them on a soul level, and they were like friends to me. During my student days, I really wanted to have pets, but with my lifestyle, which involved being away from home a lot, I thought it wasn't suitable for pets. When I settled into my first home, I decided it was time to think about having pets. But things turned out differently than I had imagined. I lived in a small studio in a wooded area. One day, I heard meowing at the door. I went to take a look and there was an adorable grey kitten, a few months old, standing in front of me. I talked to him and stroked him, then closed the door again, because I thought he probably belonged to one of the neighbours. But the kitten kept coming back, and my neighbour told me that the little animal had been hanging around his door for a few days and did not belong to him. So I decided to take the kitten in and try to find out who he belonged to. In the meantime, I named him Tommy. Thanks to the chip in its neck, I found out at the vet's that the young animal lived further down the street and I also got the owner's telephone number. I called and spoke to a friendly woman. She told me that

she was on holiday with her family and that the kitten was indeed hers. Someone was taking care of the animal, but because it felt lonely, it had started wandering around. She was very happy that I had taken it into my home and asked if I could take care of it for another three weeks. She would come and get it after her holiday. I was glad that I could solve the problem this way and enjoyed the company of my new housemate. At the end of the holiday, the mother and her four children stood at the door. The young kitten lay happily in the children's arms. They had all brought lovely gifts to thank me and asked how they could thank me even more. I was planning to get my own place, but didn't have it yet, nevertheless I took the plunge and got my own pets. I asked her if there were any other kittens from Tommy's litter, who of course turned out to have a completely different name. She said that they had already been given away and that the owner, who was also a friend of hers, normally had one litter a year with the mother cat. But coincidentally, something had gone wrong this year, the cat had accidentally become pregnant and there were still a number of kittens left from this second litter. She gave me her friend's number and said that the kittens I would choose were a gift from her. With the cat carrier on the back of my bicycle, I went there. The mother cat was a white Siamese that the family had once brought from France. The father was unknown, but given the grey and black semi-long-haired kittens in the litter, it seemed obvious. A semi-long-haired male kitten and a black Siamese female kitten were curled up asleep on one of the children's school bags. Because I wanted two cats, I decided to take them both home with me. That's how Simba and Coco came into my life a little earlier than planned.

Chapter 4

The 12 Dimensions

How we perceive our reality on Earth and how we deal with our situation on a daily basis has a lot to do with the state of consciousness we are in. Life in the third dimension presents very different challenges than life in the fifth dimension. But what exactly are these dimensions we are talking about?

The word dimension comes from the Latin word *dimensio*, which means measurement. There are many ways in which the concept of dimension is used. In geometry, dimension refers to the parameters of length, width and height of an object. A point is zero-dimensional, a line is one-dimensional, a plane is two-dimensional and a space is three-dimensional. Modern mathematics uses the concept of dimension in a more abstract way. In physics, mechanics, relativity theory and quantum mechanics, dimension is used in the same way as in mathematics, but the concept of time is added. The second way in which dimension is used in physics is to name the type of quantity, for example mass, temperature, time. In computers, the variables used in calculations are called dimensions. For example, colour, sound, language or numbers. In computers, there can be an infinite number of dimensions.

The dimensions we are talking about here are dimensions of consciousness, spiritual dimensions. We all have a field of

consciousness around us. This is also called the aura. The energy in this field has a certain frequency. As a person's frequency increases, their consciousness expands and they can enter a higher dimension or reality. The different spiritual dimensions of reality exist next to each other. So it is not the case that when your frequency increases from, for example, the third to the fifth dimension, you leave your body and the earth. You will only be able to perceive reality differently, with a more expanded consciousness. In a higher dimension, you also have more possibilities at your disposal in your perception.

The 1st dimension

Crystals exist in the first dimension. They have consciousness, but cannot focus it. We can work with them by programming knowledge into their structure, like a kind of computer. The elemental beings that work with the crystals do not exist in this dimension, but in the fourth.

The 2nd dimension

The second dimension is connected to nature on Earth. It includes water, clouds, the raw materials we use, fire, earth, and the air we breathe. It is the basis from which we can live. Plants and animals, which have a lower consciousness, also exist in this dimension.

The 3rd dimension

People who live in the third dimension are primarily focused on themselves and live from their ego and thinking. The heart chakra is sometimes open, but often closes again because the world in the third dimension is still harsh and people often get hurt. The soul sometimes comes through at important moments to guide people on their soul path, but it is usually difficult for

people to follow the guidance of the soul completely. Life is based on fear and people often blame others or circumstances for their problems. In the third dimension, there are seven chakras active in our body. These are the base chakra, the sacral chakra (also referred to by many in the third dimension as the navel chakra, but this is not the five-dimensional navel chakra), the solar plexus chakra, the heart chakra, the throat chakra, the third eye chakra and the crown chakra. Some animals and most insects on earth also live in this dimension.

The 4th dimension

When we open our hearts further and become more aware of our actions in the world around us, we are in the fourth dimension. We are anchored in a physical body, but can live most of the time from our hearts and become interested in past lives and spirituality. We see the consequences of our actions in the world, but do not always take responsibility for them. Our consciousness still works with seven chakras in our light body. Some animals and a few insects on earth are four-dimensional.

The 5th dimension

When we raise our frequency to the fifth dimension, we activate our higher chakras. There are then twelve chakras active. These are the earth star chakra, base chakra, sacral chakra, navel chakra, solar plexus chakra, heart and higher heart chakra, throat and higher throat chakra, third eye chakra, crown chakra, causal chakra, soul star chakra and the stellar gateway chakra. We still live in a physical body, but our heart and higher heart chakra is open. Out of unconditional love for yourself, others and planet Earth, you make choices that are for the highest good of all. In the fifth dimension, you live consciously and sustainably on Earth. You do not deplete the earth, but make use of natural