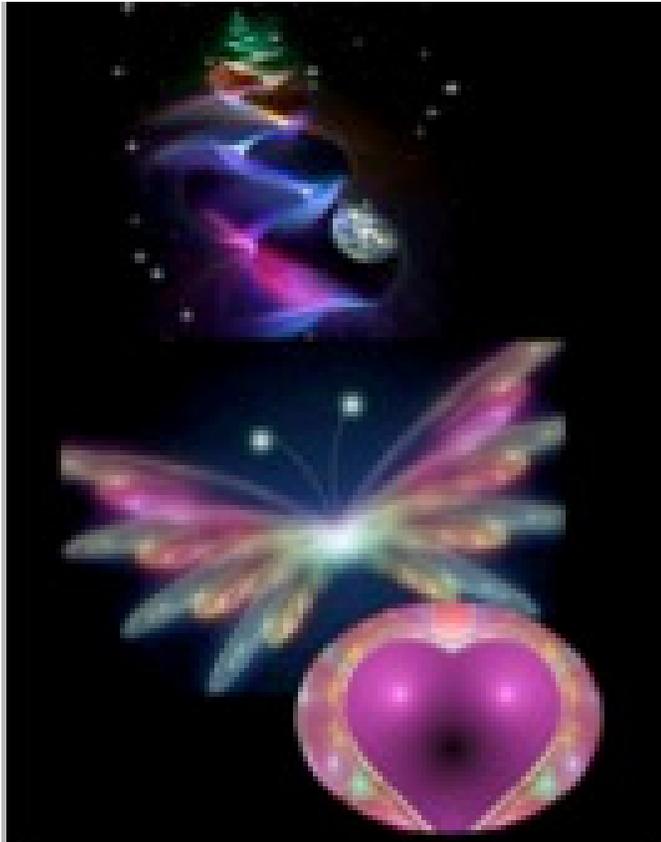




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**March 5, 2013**



## **Another Spring Seminar**

*Multidimensions.com  
and Dr. Suzanne Lie Present*

### **THE RETURN**

*of our Spring Seminar  
April 5,6 &7*

*Spring is here!*

Join us as we plant the seeds for THE RETURN to our true Multidimensional SELF.

The small seedlings are peaking just above the foundation of who we pretended to be.

Now we begin THE RETURN to who we ARE!

### **THE PROGRAM**

#### **FRIDAY NIGHT**

Overview on Returning to Our Multidimensional Self  
Our Multidimensional SELF and the Dimensions  
Our Multidimensional SELF and Our Chakras  
Chakras and Dimensions

**SATURDAY:  
MORNING**

Meeting Our Higher Expression of SELF  
Journey through the Fourth Dimension  
Symptoms of Transmutation for 1st, 2nd and 3rd Chakras

### **AFTERNOON**

Merging with our Higher Expression of SELF  
Journey into Lightbody and across the Void  
Threshold of the Fifth Dimension and New Earth  
Symptoms of Transmutation for 4th and 5th Chakra

### **EVENING**

Being Our Fifth Dimensional SELF and Beyond  
Journey to the Higher Fifth Dimension and Inter-dimensional  
Travel  
Symptoms of Transmutation for 6th and 7th Chakra

### ***SUNDAY MORNING***

Transmissions from Our Higher Expression of SELF  
Opening Our Third Eye  
Connecting Our Third Eye and High Heart

(Each section of the program will begin with group instructions, which will be followed by meditations to gain a deeper insight on the information. Then everyone will split into small groups to intimately discuss their inner experience. A spokesman for the small group will then share the group experience with everyone.)

### **THE PLACE**

#### **Aldersgate Retreat Center**



**925 Haverford Ave Pacific Palisades, CA 90272**

**DATES AND TIMES**

The Seminar begin Friday, April 5, 2013 at 4:00pm PST  
And concludes on Sunday, April 7, 2013 at 2:00pm PST

**FEE** of \$450 Includes

**2 nights lodging**



**5 meals catered by the Lodge**

**Sleeping for over 28 people**  
**Three rooms with one double bed for couples**



**Beautiful Surroundings**

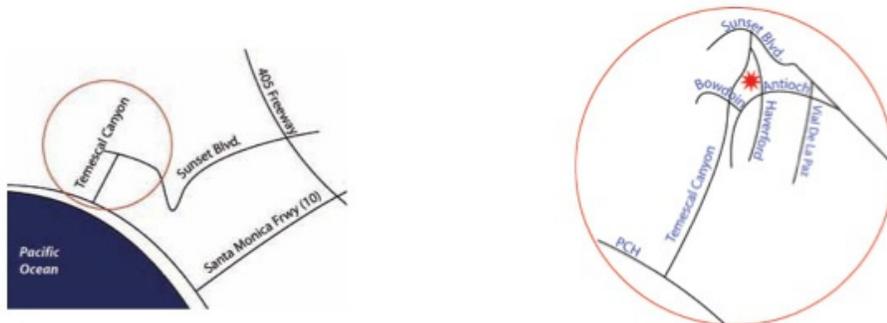


## Camaraderie, Inspiration, Meditations and Fun

Interested? Please email Suzanne Lie PhD at:

[suzancaroll@multidimensions.com](mailto:suzancaroll@multidimensions.com)

Aldersgate is located close to the ocean in Pacific Palisades, California, just north of Santa Monica and south of Malibu. The closest airport is Los Angeles Intl. (LAX), about 19 miles south.



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*We hope to See You There*

## Message From The Arcturians



## The Return

Dear Ascending Ones,

As you continue your process of returning to your Multidimensional SELF, you will be releasing the components of your self that are no longer needed. For example, as a child you needed someone outside of you to tell you what to do. However, now that you are an adult, you are able to listen to your own inner voice.

Since you are returning to your Multidimensional SELF, the choices and actions of your ego are no longer necessary or enjoyable. Therefore, you will be placing more and more of your attention and intention on the SELF to whom you are returning. This shift of focus so expands your consciousness that you are beginning to remember your innate multidimensional thinking and expanded perceptions.

As you continue this metamorphosis the small voice of the Divine Child calls out,

"Take me with you." We remind you to welcome your Divine Child and realize that he/she has always been within your High Heart. Your Divine Child became the one you identified as yourself before you began your process of ascension. Now that "Child" can lead you into your SELF.

Your Divine Child represents your first eight cells that are stored in the ATMA of the Three Fold Flame of your High Heart. Within these first eight cells is all that you have learned from your many incarnations on physical Earth. These eight cells also hold the pattern of lives in which you ascended (returned to SELF) in your other incarnations.



When you died you returned to the Wheel of Life and Death in the fourth dimensional aura of planet Earth. On the other hand, when you ascended you returned to your fifth dimensional Lightbody. It is your Lightbody that carries you across the Great Void between the fourth dimension and the higher worlds of the fifth dimension and beyond.

During this era of planetary transformation many ascending ones will be acknowledging their Divine Child who remembers all their past ascensions. More and more ascending ones are choosing to connect with the fifth-dimensional threshold world even though they could move on into higher dimensional realities. They are making this choice in order to participate in the great honor of assisting with the creation of New Earth.

Please remember that in every version of the fifth dimension and beyond there is no time. Therefore, you are returning to a reality that has always existed and is simultaneously in the process of creation. In fact, whenever you travel inter-dimensionally, you enter a new reality by calibrating your consciousness to the resonance of that world. Then, when you merge your great multidimensional essence with that world, it re-sets the entire reality. This reset creates new options and opportunities that did not exist before your entry.

Thus, your entry into a reality that has existed beyond time is re-created by your presence. Do you see dear ascending ones how much power you have within you? The contribution of your essence has the ability to alter an entire way of life. In fact, even within your time-bound earth vessel you influence the Collective and Planetary Consciousness of Earth with your every out-breath. Conversely, the Collective and Planetary Consciousness of Earth are influenced by your every out-breath.

Your breath has great power. Your first breath at birth indicates that you were alive (logged into the 3D Game) and your last breath at your death indicates that you are dead (logged out of the 3D Game). In other words, the Spiritual Essence of your breath enters your form at birth and leaves your form at death. However, since you are your spiritual essence, you are not born, nor do you die.

It is your form that is born and your form that dies. Remember that in order to enter

into a form-based reality, you must first create a body based on the molecular resonance and configuration of that reality. Then when your body is fully formed, your Spirit enters that form.

New Earth resonates to the fifth dimensional threshold after the Great Void between lower worlds where having a form means you are alive and higher worlds where having a form is a choice. In preparation for your journey across this Void, your physical form is in the process of transmuting into your Lightbody that will carry you across the Void.



However, because planet Earth is also ascending, as your form transmutes into a higher frequency of expression, so does your entire reality. Hence, both people and planet are simultaneously recalibrating their form to higher and higher frequencies. Since your form/body is comprised of the elements of the reality you are experiencing, when your reality transmutes into higher frequencies, you must match that frequency shift to remain within that reality.

Therefore, your consciousness is constantly recalibrating to higher and higher frequencies of light, and your body must recalibrate itself, as well. If your state of consciousness becomes too much higher than your body, you will "die," as your consciousness is of a resonance that cannot be contained in your lower frequency vessel.

Your physical earth vessel is comprised of the third dimensional elements of earth, air, fire, water, and ether. These elements are transmuting into their fourth dimensional expression of Elementals.

- Earth Elementals are titled Gnomes,
- Air Elementals are titled Sylphs,
- Fire Elementals are Salamanders,
- Water Elementals are Undines and
- Etheric Elementals represent the blending of spirit-into-matter.

The fourth dimensional Elementals carry the breath of Gaia within them and share Her essence with you via your in-breath. With your every inhale the Elementals bring in

the higher frequency of Gaia's fourth dimensional:

- Earth Elemental into your body
- Air Elemental into your breath
- Fire Elemental into your neural synapses
- Water Elemental in your blood and cerebrospinal fluid
- Etheric Elemental into your aura

Your earth vessel must then adapt to these higher frequencies of energy. Often this adaptation begins by releasing that which was part of the self that you pretended to be. Once you have released the aspects of yourself that have become too low of a resonance for your transmuting form, you will be able to exhale your higher frequency of breath into Gaia's world. Hence, you will share your transmutation with Gaia, just as She has shared Her transmutation with you.

In this manner:

- Your transmuting body (Earth) aligns with the transmuting body of Gaia.
- Your transmuting breath (Air) aligns with the transmuting atmosphere of Gaia.
- Your transmuting nervous system (Fire) aligns with the transmuting nervous systems of all the life on Gaia.
- The transmuting fluid of your body (Water) aligns with the higher frequencies of Gaia's waters.
- As your aura transmutes from Etheric (fourth dimensional) into Spiritual (fifth dimensional), your personal consciousness aligns with the planetary consciousness, which is transmuting from third/fourth dimensional to fifth dimensional.

The physical representation of Gaia is the third/fourth dimensional Earth and the fifth dimensional representation of Gaia is New Earth. As you, the ascending ones, entrain your personal consciousness with the planetary consciousness of Gaia and all her inhabitants, you contribute greatly to the planetary ascension.



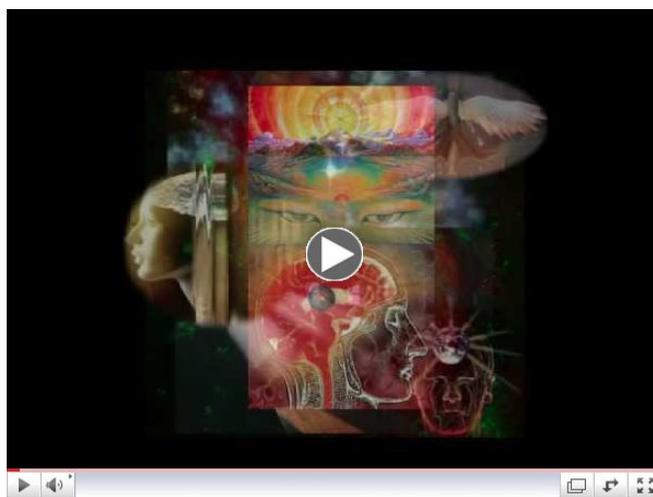
Simultaneously, the great mass of Gaia's ascending body contributes to your personal ascension. Then, you also gain the additional benefit of a peaceful transition into New

Earth as you are surrounded and protected by the entire ascending planet.

The challenge with this configuration of ascension (as there are many versions of ascension) is that you could easily doubt that you are ascending because you are not leaving anything. If you ascended beyond the planet, you would pull away from that reality and feel as though you are leaving Earth. Then you would have physical evidence of your ascension.

However, depending on physical evidence is not consistent with ascension. Instead, it is best to release your egos need for proof and trust your inner knowing that, since you and Gaia are ONE, you are both ascending together.

In this fashion, THE RETURN involves both people and planet.



**Arcturians Explain Ascension Symptoms**



**Preparing For Ascension 1**



**Preparing For Ascension 2  
Activating Light Body**



**Preparing For Ascension 3  
Merging With Self**



**Preparing For Ascension Part 4  
The Power Of Emotion**



*"I AM the creator of my reality  
And ALL patterns of resonance  
Are created by my consciousness.*

*The reality that I AM creating,  
Begins with a thought form,  
Which I invent with the thoughts and emotions  
That I am consciously or unconsciously,  
Allowing to fill my heart and mind."*



**Quick Links...**

You may Also visit:

<http://suzanneliephd.blogspot.com>

<http://www.youtube.com/user/suzannelie>

<http://www.multidimensions.com/TheVision/meditationdownloads.html>

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