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### December 2, 2012



A Quantum Journey to Birth New Earth & Your New Self in 2012 Ascension Events - Two each month

Questions and Answers with the Arcturians on: Wednesday December 5, 2012 AT 10:00AM Pacific Daylight Savings Time Please click: <u>http://www.acoustichealth.com/newearth.htm</u>

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The Pleiadian Perspective on Ascension

Mytre and The Arcturians



The Restoration Chamber

#### MYTRE SPEAKS:

When I first arrived on the Arcturian Starship after "accidentally" navigating my Scout Ship with my mind, our society in the Pleiades was at the same stage of ascension as your Earthly society is now. However, when I arrived all I could do was tell the Arcturians that our planet was under attack. Shortly after, I was taken to the Restoration Chamber.

I would like to begin this message by telling you of my experience within the Chamber. As soon as I was in my chair and the door was closed, I was surrounded by total darkness. At first, I was a bit disconcerted by the darkness, but slowly an inner light began to awaken within me. I had never had an experience of perceiving this light before. It seemed to be coming from the top of my head.

The light began to move throughout my brain, as if it were looking for something. After an unknown period of time the source of the light seemed to settle into the very center of my brain. From there it projected a beam into my inner forehead, at which point I passed out.

When I awoke, I could see in the dark. I knew the room was still dark because I was seeing through a higher frequency of vision. I could pan-in or pan-out from what I saw without moving my head in any way. I also realized that I could see to either side, and even behind me, without moving my head. What I realize now is that I was seeing through my Third Eye.

Once I had a chance to "play" with my new vision, I began to feel an immense burning just above my heart. The burning sensation was so intense that I was paralyzed with pain. If I moved my body in any fashion, the pain escalated. On the other hand, if I totally relaxed into a calm, slow breath, the pain receded. Hence, I remained totally still for an unknown time.

I think I fell asleep, for it was not the same sensation as before when I passed out. Either way, when I returned to an awakened state the pain was gone, and I felt unbelievable filled with love. My wife and daughter came into my thoughts, and I immediately saw a picture of them in my mind. Later, much later, I learned that I had actually seen them.

I focused on our village with my mind to see if I could see anything, but all I could receive was an intense fatigue and sense of dread. I later learned that searching for love was an easier task than seeing fear and violence. I also learned that the reason for this discrepancy was to learn to follow

the sensation of love during my inter-dimensional travels. Of course, at that time, I had no idea what glory my future would hold.

My pondering was interrupted by the opening of door to the Chamber, which opened quite on its own. I later learned that when the one in the chair resonated to a certain frequency, the door automatically opened. As I slowly stepped down from the chair, I felt a completely unique sensation course throughout my body.

I had no idea what that sensation was, but it was quite blissful. I later learned that my entire body had been re-calibrated to the fifth-dimensional frequency of resonance. However, I could only maintain the gift of higher resonance that I was given by the Arcturians by learning to be the Master of ALL my thoughts and emotions. This mastery was no easy task, but I did achieve it because the reward was so immense.

Once, I found how to balance my new legs, I slowly walked through the door and out of the Chamber. I then entered a quiet corridor. The floor felt more like a cloud than the ground, but I was not sure if it was the floor or my new body. I later found that it was both. The corridor was empty, but I felt the thoughts of the crewmembers as if they were there with me.

The thoughts of so many people swirling through my mind gave me a headache and a feeling of nausea. I put my hand out to hold onto the wall for stability and was instantly overwhelmed by information regarding ALL the workings of the Ship. Fortunately, I heard a quiet instruction emanating from my heart, which was another novel experience, that instructed me to close my eyes and go deep into my own Core.

I was not sure what "going into my Core" meant, but I correctly imagined that it meant to find my own Center. When I focused on the Center of my self, I could find a place of peace and, even, quite. Within that quiet I realized that I was hearing these voices from within my self rather than through my physical ears.

I found my Center again so that I could balance my body enough to stand on my own. I then gradually opened my eyes and saw the smiling face of an Arcturian. "Very good," It spoke. (Arcturians are androgynous even when they are wearing a form.) "Follow me," it said, as it led the way. It could tell that I was still disoriented and kept a slow pace.

At first I did not see much of the Ship, as I had to keep my eyes focused on the Arcturian to avoid further dizziness. However, as I continued to walk, I became steadier on my new feet. I had a million questions to ask but knew that I had to respect their means of teaching me.

The Arcturian led me to a Debriefing Room, where I told them everything that was happening on my planet, as well as everything that happened to me on the Ship. After my meeting I was taken to my own quarters, shown how to operate the replicator to make myself some food, and encouraged to relax and get some sleep. I did everything I was asked to do, except sleep.

I tossed and turned and could not stop thinking long enough to surrender to sleep. I had so many questions. Why did they leave me here alone? What was going to happen next? How were Mytria and my infant daughter? How was my planet? Did the Arcturians save them? And one, and on, and on...

Finally my door buzzed, and I invited an unknown Being to enter. I say "Being" because my unbidden communications revealed that there were Beings from all over the Galaxy aboard this Ship. Fortunately, when the door opened it was an Arcturian who entered. I had had enough surprises for a while.

With a slight smile, the Arcturian said, "How are you doing with mastery of your thoughts?"



#### Mytre and the Arcturians

Mastering Thought and Perceiving with Emotion

#### MYTRE CONTINUES:

When the Arcturian kindly mentioned my thinking, I had to laugh. I realized that my out-of-control thinking was partially because I had been recalibrated to a frequency of resonance that I had never experienced before.

I also recognized that I was frightened because my thoughts and emotions were out of alignment with my new body. I remembered the Elohim that Mytria and I had met within the Womb of the Mother long, long ago. However, I had never met an Arcturian, much less experienced a frequency rate of beingness that allowed me to perceive and interact with them.

"Good," spoke the Arcturian standing just inside my doorway. "You have correctly discerned that we took you to the Restoration Room to expand your resonance. You were taken there because you passed a major initiation of mastering your thoughts and perceiving with your emotions."

I had no idea what perceiving with my emotions meant, but I was very clear about my difficulty in mastering my thoughts. On the other hand, when I was flying the Ship with my mind, I had only one thought, and I felt that thought with every cell of my body.

"Follow me," the Arcturian directed, but I saw no movement of its mouth. Furthermore, I heard its message inside my heart instead of through my ears. However, the Arcturian did not explain what I was experiencing. With a knowing smile, it turned and walked away. I was very groggy from lack of sleep and intense anxiety, but I woke up quickly in my vain attempt to keep up with it.

For starters, the Arcturian did not actually walk. It moved just above the ground. In fact, I sensed that it could just blink itself to its destination, but was only using its present archaic locomotion for my benefit. I was clear that I had a lot to learn if I was to remain on this Starship.

The Arcturian guided me into what was likely a holosuite, because it was a huge area with a beautiful lake, warm sun, and a soft breeze that gently moved the leaves on the many trees. In fact, it was the exact area where I first met Mytria. With that realization, a wave of deep loneliness and sorrow rushed through me.

"You have been through a great change," the Arcturian said. " We have created a familiar place for you to rest and become accustomed to your new frequency of form. You may use your mind to call

up anyone that you wish to visit."

"But, will they be real?" I asked.

"What do you mean by real?" The Arcturian queried.

I did not even know how to answer that question, so I stumbled around and said, "You know, real in that it is not just my imagination." "Everything is your imagination," the Arcturian said as it turned and left the lake, the holosuite, or was it the reality?

Unfortunately, I could not ask these questions because the Arcturian was suddenly gone. Obviously, I was on the fast track of learning, and I had to stop questioning and start remembering what had happened to me on the Ship.

Therefore, I started to call up the illusion, hologram or reality of my shipmates to ask them what they had seen. That was when I remembered that they must be on the Starship too. Before I had a chance to ponder that question, all three of my crewmates, including the one who had died, appeared before me.

I was overwhelmed to see someone who I watched die standing in front of me. Maybe he was a hologram, but if he was, I didn't want to be the one to break it to him.

"We brought you some food," they said.

We sat down on a flat rock and ate our simple food while we all pretended that this experience was normal, and I tried to figure out if it was real.

### MIDNIGHT MESSAGE A Note from Sue

Last night in the middle of the night I was awakened by a message that flew quickly through my mind, but was important enough to wake me. The room was dark, so I gabbed a paper and a pen and went into the bathroom to see by the nightlight. My message was:

Earth is calling in Her markers from anyone who may owe Her.

Of course, that sentence is a third dimensional way of saying that Gaia is making Her final arrangements for transmutation.

Therefore, any one who is busy being distracted by what seems to be so important, is being called away from their distractions and into Gaia's service.

Part of the reason for my getting this message may be because of a quick meditation, or maybe it was a vision, that I had as I was falling off to sleep the night before. I had just arrived in Dana Point with my girlfriend for her Birthday Getaway, and I was thinking about the myriad earthquakes that were in the San Diego area.

Dana Point is quite close to San Diego, and my husband had protectively "reminded" me of the earthquakes before we left. I didn't think of it until I was falling asleep. Then, I realized we were there to assist Gaia. I could feel that the land in that area was having problems transmuting, and I knew that it was because of the nuclear power planet between Dana Point and San Diego.

In my partial sleep state, I began transmuting the land and assisting Gaia. All was going well, when a short, negative E T, a fearful image from my childhood, walked up to me. I started to feel fear, but I stopped my self and called in the Arcturians.

Instantly, I felt myself transmute into a ten-foot tall version of Arcturian. My human disguise came off and my real identity was revealed. I wish I knew how to describe it. I was so calm, so filled with love that I could not even imagine the sensation of fear.

I, in my Arcturian form, walked over to the short ET, leaned over and kindly touched it on the shoulder. Then, in a very loving fashion, I said,

"You may want to leave now, as it may get too difficult for you here."

It was a very short meditation, but the feeling of being a ten-foot tall Arcturian Lightbody stayed with me for hours. In fact, if I just close my eyes for a few moments I can still call up the feeling again. Mostly, I can feel the complete lack of judgment and the true concern for the difficultly that the fearful, and afraid, being might experience.

I think the most important lesson in this short experience was that transmuting my form so easy. Of course, I am still walking around in a physical body because the Arcturian form was not physical. However, my perception of life, especially fear, was totally different while my consciousness was calibrated to that frequency of SELF.

I write this brief note to remind you all that you do NOT have to learn anything. All you have to "do" is to remember who you really are and call it into your daily life. We are Flowing into a period of immense change. When our world gets overwhelming, all we need to remember is to call in our SELF!



### Mytre and The Arcturians

Is It Real?

After I ate familiar food with my crewmates, we stripped down and swam in the lake. Then, we lay down on the warm rock and talked about nothing. We told jokes, laughed and finally feel asleep on the warm rocks. When I awoke, the sun was low on the horizon and my friends were gone.

Suddenly, I was engulfed by the deep sorrow that I had not been able to feel about leaving my beloved family. I was alone now, so I could cry like a baby, and I did. As I cried, images from being on the Mother's land with Mytria, laughing with her, and making love filled my heart.

Slowly, I realized that those images were stronger than the feeling of grief and I began to focus on the feel of the images. As I allowed the feeling of deep friendship, love and fun to fill my body, I

began to understand what the Arcturian meant by "perceiving with emotion."

When my emotion was sad, all I could perceive was that I was alone on a rock that was once filled with love. However, as I gave my sorrow a voice, my perceptions began to change. In my mind's eye I actually saw that which I was remembering. With the feeling of love filling my body, I looked out towards the setting Sun and saw my SELF.

I don't know how to explain how I saw myself, as I saw it with the emotion of Bliss. I had released my loneliness and deep sorrow and replaced it with the FEEL of love for another. Then, once I felt love for another, I was able to love my SELF. By SELF, I mean, the self that is ONE with the SELF that is ONE.

At that time, that sounded like a poor sentence, but gradually I began to understand what it meant. I was creating the hologram with my thoughts, just like the Arcturian said I would. I called forth my friend and gave life to my friend who had died. I hung out with them on a sunny day because I needed to feel like a "normal" guy relaxing with his buddies. Finally, I fell asleep, as I could no longer believe the fantasy that I had created.

With the loss of my illusion, I had to face my truth. Fear and sorrow came fast, and love and happiness came in a slow, but enduring manner. When I allowed my emotions to speak to me, I could see the truth around me. Much to my surprise, that truth included the fact that my sorrow was not just for my family.

I was mourning the loss of all that I had held to be true, honest and real. Now that I realized that my real world was an illusion, all I could perceive was the truth. With that final realization, the lake vanished, the rock vanished, the trees vanished and the setting sun revealed the door out of the holosuite.

I knew that walking through that door was acknowledging that everything that I had ever known, done, had and experienced was an illusion. Through the door was my true SELF. Yes, of course, this SELF was within me, but through the door I would learn how to remember who I really am.

I stared at the flat door on the empty wall for a very long time. I knew that I no longer had a choice. Once I moved our small Ship with my mind, everything changed because I changed. Then, when I left the Restoration Chamber, I began to BE my truth, which terrified me.

I stood up and walked toward the door. With my head held high, I walked through the door and followed the awaiting Arcturian who greeted me with an open heart. No words were needed, for now I could read its mind.

As my Arcturian friend (they don't have names in the manner that I was used to) led me through the corridor, it started to float higher and higher above the floor. I know that it was encouraging me to do the same, but my doubts were louder than my belief in my SELF.

With that thought, the Arcturian turned around and stared into my face. Gradually, a small golden light grew within me. In fact, it felt as if it was gently rising above the threshold of my inner doubt.

I know that sentence does not make sense, but my doubt was not infinite. It was strong within the part of me that still held fear, the part of me that held the dark. However, this golden ball was rising above that fear and filling me with light.

Yes, of course, this is the Sun that revealed the door out of the holosuite and into my SELF. The Arcturian read my imagistic mind and spoke to me in an image more powerful than words. I could feel tears rolling down my face, but they were tears of joy. I threw back my head and opened my

heart to the growing joy within me.

I raised my arms up and out to surrender my heart to...what? I did not know, but the sensation of surrender felt wonderful. I closed my eyes and the surrender turned into bliss and the bliss turned into a total quiet, a complete calm and a sensation of floating.

And then the Arcturian said, "Open your eyes."

I did not want to open my eyes. I was concerned that if I saw the outside world I lose these marvelous, healing sensations.

"Open your eyes now," I heard with a sense of urgency.

Reluctantly, I opened my eyes and saw the ceiling of the Corridor inches away from my nose.

I was so startled that I lost my concentration and started to fall.

"STOP!"

Much to my surprise, my fall was halted by the Arcturians firm words. I held the feeling of command in my mind, as I repeated, "STOP" until I could lower my feet to the ground.

With a sense of pride mixed with embarrassment, I looked up into the Arcturian's eyes.

"Now is the time to start your lessons," said the Arcturian with its mind.



## **MYTRE AND THE ARCTURIANS 4**

## SIGNATURE FREQUENCIES

When I awoke the next morning I was so excited that I couldn't get dressed quickly enough. (Morning was a chosen cycle rather than rising of the Sun, as we were in outer space. Thus, it was always "night" outside the Ship.) I was in such a hurry to dress that I put my jacket on in side out and had to take even more "time" to take my jacket off and put it back on correctly. (Time was another decided event as the Arcturians live within the ever-present NOW.)

I restrained my self from running through the Corridors to the Collective Dining Area, again not necessary for Arcturian do not eat food. When I entered the busy room I was surprised to see my two crewmates. No, my other friend was not resurrected. I walked swiftly over to them and embraced them both.

It appears that they were waiting for me. We all went to get our food, which was an experience in

itself. Since there were members of the Ship from all over our Galaxy, and beyond, we were presented with a vast array of food. I chose a simple Pleiadian breakfast dish, as did my two friends. However, the humorous discussion about our many culinary choices set a welcomed tone of camaraderie and happiness.

My friends were very happy because they were about to take a Shuttle Craft back to our new Homeworld in the Pleiades. They expected that I would be joining them and were very disappointed to hear that I would stay with the Arcturians. I was, of course, struck with great guilt when they asked how I stay away from Mytria and our new baby. They also wanted to know if I had clearance from our Commander to remain with the Arcturians.

When I told them that I had gained the proper clearance, I also had to tell them that I could not share why. I hated to keep a secret from my friends with whom I had just shared a near-death experience, but how could I tell them what I was learning. Our conversation soon degraded from friendly camaraderie to uncomfortable discussion about their return and my staying.

Finally, I had to make an excuse to leave, as the guilt of staying away from my family and my Homeworld was overpowering. Instead of the welcoming warm embraces of our first greeting, we ended with a rather stiff handshake, as I tried to slowly leave the room. "Well, so much for my first glorious day of training," I though as I left the room.

A huge black cloud was over my head as I walked, face looking down, through the corridor. In fact, I was so absorbed in my self-pity that I almost ran into my Arcturian mentor. Running into a Light Being is a very unique experience, as I literally walked INTO it.

When I did so, I was surrounded by such illumination and unconditional love that I fell onto to floor as if I had been wounded. In actuality, my wounded self fell to the floor. At the same time, I could feel another part of me; I guess it was my own Lightbody, rise up above me. I felt like two extreme polarities of one person.

The confusion of my wounded self and the enlightenment of my Lightbody was such a unique experience that I almost passed out with the effort to expand my consciousness to these extremes. Fortunately, the Arcturian came to my assistance by reaching down and gently toughing the back of the wounded ones heart.

Instantly, my Light SELF rushed into my physical heart and, with no effort, I stood up. When I did so, I realized that the Arcturian was floating above the ground and its face was out of vision. In fact, its face was more of a radiant light with two focus points that I imagined where its eyes.

It was talking with me telepathically, but I could not hear. My physical distance from its heart and eyes made me believe that I could not hear its telepathic message. Of course, the thought was nonsense, but it was the thought that came into me.

Was that thought actually the message? Then I realized that the Arcturian was telling me to levitate myself up to the level in which I could be closer to its head and heart. Yes, levitate, I told my self. I tried to remember how I did that before, but I couldn't remember how.

After I tried and tried, I became frustrated. No! I became angry. How can this Arcturian expect so much of me? I have only been on this infinitely huge ship a few days. I have just gotten a new body and deserted my family and my Homeworld so that they can teach me to fly!!!

There was my guilt, peppered with anger. What had I done? Had I made the right decision? Was I good enough to fulfill their huge expectations of me? And on and on... I then heard, VERY LOUDLY,

"How are you doing with mastering of your thinking?"

Arcturian humor! They had the ability to be funny. The concept of this immense Light being hovering over my head and making a joke set me into uncontrolled laughter.

The laughing released the anger, released the guilt and released the sorrow, which was the foundation for the guilt and anger. The laughing became more controllable and slowly morphed into a sensation of joy.

I closed my eyes in appreciation of the joy, which then expanded the joy into love. At this point the Arcturian touched the very top of my head, and I felt the most extreme bliss I had every experienced. The bliss continued until I bumped my head on the ceiling of the Corridor. Did I hear the Arcturian laugh?

I fell to the ground in a rather undignified manner and looked up to see the Arcturian smiling. It reached down to touch me, and we blinked into another area of the Ship. This means of transportation was quite exhilarating. I felt no experience of moving. I call it "blinked to another area," because it seemed to me that I was one place, then my eyes closed for a blink of "time," and my eyes opened to a different environment.

In this case, I assumed it was another holosuite for we were standing on a rocking cliff looking at constellations and galaxies in space that I had never seen. "Were are we?" I asked. "Are we in another holosuite?" He instructed me to blink again, and I opened my eyes to the familiar vision of the constellations above my Homeworld in the Pleiades.

I tried to be polite when I said, "Is this a hologram or is it real?"

"Is there a difference?" was the response that I heard.

I would have to think before I asked my next question. Or, maybe I should not ask any question. I had learned so far that a question answered just led to another question. Therefore, I decided to wait and allow the Arcturian to continue with whatever point it was making.

I watched silently as many beautiful visions of constellations and galaxies filled my vision. As the beauty overtook my thoughts, I began to realize that each vision created a different sensation within my Heart.

At that point, I again saw the first constellation that I was shown. However, this time I remembered to FEEL every sensation the filled my body, every emotion that arose from those sensations and to listen to every thought that came into my mind.

We went through the cycle of constellations and galaxies many times. Each time, I was able to FEEL the sensations, emotions and thoughts that were initiated by each vision. It was then that I heard the word, "Signature Frequency."

Yes, I got it. Each world has a Signature Frequency. By then, I had recognized some of the stars, constellations and galaxies and realized how the Signature Frequency gave infinitely more informative than the titles that we had given them.

I turned toward the Arcturian to tell it that I understood, but it was gone. However, I heard a clear message in my heart that I was to stay there until I had memorized every Signature Frequency.



Releasing All Darkness From Gaia



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