

# An Update from the Psychic Battlefield

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“War is hell.” So said, **William Tecumseh Sherman**, the U.S. general who proved it with a destructive onslaught through the South that burned the cities of Atlanta, Georgia and Columbia, South Carolina during the Civil War. The horrors of that war still echo within the politics, protests and violence from two sides, so deeply divided by ideology, geography, electoral votes and only vague memories of “One nation under God, with liberty and justice for all.

The physical outpouring of negative emotions, create the reality in which we live. The phrase, “you create your own reality” has never been more profound nor been as relevant, as in this present moment. If you have an understanding of the concept of multiple dimensions that exist beyond the physical plane, then you can intuit that it doesn’t take much of a shift from that delicate balance, to create either a more positive (or negative) environment.

Reactions to these constantly shifting energetics are seen everywhere. People react, sometimes without knowing why, either with an act of violence - or an act love. It’s really a reaction to how your physical, etheric and emotional bodies respond to the energies around you. We’ve seen many articles that focus on symptoms of ascension, the beginnings of spiritual awakening, fear of the astral planes and so many other new age topics; but at their core, they are talking about energetics; the unseen energies that surround us, some that we create with our thought or actions that morph into each of our individual and collective realities.

However, there are many spiritual beings on Earth at this time who are living multi-dimensional lives. Some, you can easily see. They are blessed teachers who assist in learning about, and integrating these new energies. Still many more are unseen, even as they sit next to you on the train, work by your side, and perhaps even make your dinner. These people are learning how to integrate their 3-D physical lives with their 5-D spiritual adventures – and yes, adventures is the appropriate word.

You may have heard some say that 5<sup>th</sup> dimensional awareness is one where you have the ability to speak with those in the higher realms, instantly bilocate (I once bilocated to visit a friend in Spain. It felt more real than a waking moment, yet it occurred in dreamtime) and manifest, although, that’s not quite true. Those who have given time to their meditative pursuits and are learning to exist within that realm, are understanding that the desires that you manifest in 5D, may feel instantly manifested in 5-D, where there is no time, but still require patience to manifest in the physical, where time constrains us. The trick, as Esther Hicks, who channels Abraham

says, is to “give attention to what promotes your alignment.” Because when you do that, miraculous thing can happen.

To sense and exist in fifth dimensional awareness, is to realize that in many ways it’s not that much different from the physical, except that each soul has much greater power to create change. Each soul can impact what occurs in their – and our communal reality. The recent tragedies in Texas, Florida, the Caribbean and Mexico, as well as the ongoing sabre rattling for war, may make you question if anyone is in control, but as bad as all of that is, is there a reality in which it could be far worse?

One of the benefits of spending time in 5-D is a sometimes, sudden message from higher beings. Call it a message from God, a guide from the angelic realm - or in this case, the Mother Earth energy known as Gaia. Her message speaks:

- to her on-going struggle, as she also strives to ascend into the fifth dimension.
- How she uses energetics to attempt to keep global energies in balance, but that artificial electromagnetic frequencies create an energetic pollution, which makes her task more difficult.
- Hurricanes and earthquakes are an extreme form of energy release, but her prime directive to do no harm is often violated because the energies are so severe.
- She has attempted to fight off the recent artificial EMF interference that has attacked her energetics.
- Although it may not appear so, human consciousness (the exponential power of prayer) interceded in minimizing the possible physical damage inflicted by each of the recent disasters. As horrific as they were, know that the damage and loss of life could have been much worse, but this is a free will universe and all souls must be honored.
- As the planet surges forward into the part of the galactic plane that will allow ascension, more people will gain access to the higher dimensions through meditation and dreams.

(Indeed, scientific testing has recently shown that group intention can harness energies to create healing and even instantaneous miracles in participants lives.)

The overriding emotion of this exchange was one of love and caring from Mother Earth and all those in the higher realms, but at the same time, as realities and dimensions overlap, there was a strange sense of duality seeping in – call it a psychic battlefield. It’s a visual all teachers and students should keep in mind, as they work to protect themselves and the planet as we all work toward the reality of a 5-D construct.