



Understanding the Shift from the 3D to 5D State of Consciousness

Hi, and welcome to 'Victim2Victor' podcast. My name is Anu and I am your host. In today's podcast, I will be tackling a rather complex topic, and one that is not often talked about today. Today, I will be looking into the dimensional worlds in which we live, and the aspects of third and fifth dimensional consciousness (3D/5D dimensions).

With so much talk about the transition from 3D to 5D, do you really understand how it feels and how it will affect your life?

Now let's get started....

In 3D or 5D, The 'D' stands for Spiritual Dimensions, which represent our spiritual development as it manifests in our being. The number before the 'D' corresponds to the dimension's level of consciousness.

Humans have been in a 3D state of consciousness on a global scale. Fear, limitations, a lack of interconnectedness, pain, working hard to achieve, and being trapped in time and space all reflect this. If you find yourself drawn into paranoia because of conspiracy theories or feelings of being out of control as the pandemic unfolds, you are most definitely already experiencing and functioning in 3D consciousness.

Humans have been transitioning into a higher level of consciousness toward and into 5D as they become more self-aware and as the ego shifts. The 5D state feels effortless. As more people transition into 5D, more people can experience oneness, progressive forgiveness, unconditional acceptance and a sense of being embraced by energy as our dreams and purposes begin to manifest.

For this to happen in the first place, we must let go of the old tale we've been told and be open to the possibility of another path. Humans are embedded in the old 3D energy due to the resistance generated by holding onto the old narrative of struggle, war, and pain. Any of the world's population would refuse to upgrade to 5D. The soul decides how to experience life, and for certain souls, the denser energies have more learning opportunities.

When we are going through the process of spiritual awakening, we are eventually faced with the idea that there seem to be more worlds than the one we are living in and are so familiar with. We begin to doubt our lives, and what used to be true for us begins to crumble. We're not sure whether we're living or if it's just a figment of our imagination. The forces of higher dimensions are calling to us. We begin to resonate with them and embark on a journey to discover more about who we really are. We hear about fundamental forces, various frequencies, and the true meaning of ascension:

Let's take a closer look at each dimension to better understand what they mean and how they feel. The third dimension is all about material possessions, collecting them and living in constant fear of losing them. We are afraid of losing power. We are afraid of not being safe and good enough. We don't trust people because they have the potential to deprive us of our money. As a result, we strive to gain control over others to be in a better position.

On this plane, we are defined by what we own and what we do for a living. We believe we are cut off from God, as well as all and everything else. We cannot feel oneness with everything that is unless we are one with Source. We believe that death is a traumatic, dark, and finite experience. We believe that we only have one life to live. This planet, we believe, is a place of scarcity. As a result, we believe we must fight hard for our well-being because there is insufficient for everybody. Life, we believe, should be viewed as a game with winners and losers. We believe it is acceptable to lie because everyone in this game does so. We are persuaded that we must always be right. We agree that men and women have distinct roles to play. Men are the heavy providers and fighters, while women are the caretakers. This has been evolving in recent decades with the rise of the feminine, but the true essence of masculine and feminine remains a mystery.

We believe that we cannot be complete without another person in terms of relationships and genders. We believe we need the happiness and completeness of someone else. We just feel joy on special occasions. In breathtakingly beautiful cases, such as in nature or during a sexual orgasm. These are the occasional times when we are brought into the present moment. It's the one place where the ego isn't present. We've become so used to the ego that we don't question whether it's natural to spend all our time thinking about the past or the future. In the past, the ego plays the "could have would have" game, and in the future, it plays the "let's build scenarios" game to be ready for any eventuality. We don't see the NOW as the only true place to be.

Physical sex is so appealing to humans in the third dimension because it is the only way for them to experience the blending of masculine and feminine energies. We don't realise that we can build this wholeness by ourselves. We don't believe that sexual preferences can evolve from a desire to share. We have never learned to love ourselves in the third dimension. We were taught, on the contrary, that this is egotistical. In actual fact, the exact opposite is true. Self-hatred is egoistic thought, which prevents you from being whole and it keeps the void inside of us alive.

In the third dimension, the human mind cannot understand or feel contact with our higher selves or the higher realms. This energy is too much for the ego mind to handle. We can't sense the reality if we're cut off, so we think our ego mind should be in charge because it's so smart. And indeed, it is but the ego is also preventing us from realising our true selves and is maintaining the illusion that we are this being that has been formed from the external influences whereas really it is our internal

influences that actually form us. The ego mind screams, "Prove it!" every time our insight comes through and expresses our reality. As a result, we shut down because we can't prove what we're actually feeling. We continue to walk around with our eyes closed, attempting to find out how life works and what we are doing. We assume that the solutions to our quest for happiness can be found outside of ourselves. As everyone does, we adapt to the everyday way of living and embrace the illusions as our reality. Questions about our meaning, true origin, talents and abilities are suppressed and we feel that we must be wrong in even asking these questions, since everyone else follows the same set of laws. If we ever spoke our fears and true wishes out loud, we would be labelled as crazy and as delusional dreamers.

So, in the third dimension we simply follow the scheme, oblivious to the fact that we have been enslaved because our ego mind has been programmed with a variety of false beliefs. We are oblivious to the fact that the whole scheme is a deceptive fear-based matrix. We are educated at school to become employees and to work for big corporations. We are kept under pressure and fear motivates us, the fear of losing what we have - our house, our car, and the fear of losing our jobs and that we must safeguard what we have achieved and strengthen it even more to be prepared for worsening times. It is fear that keeps us stuck in jobs which we despise. It is fear that keeps us stuck in cities which we dislike, it is fear that keeps us feeding into the tax system to keep the economy running. Insurance, pharmaceuticals, and apparel are only a few examples of industries that profit from our fears.

We think negative thoughts in the third dimension, and we distrust everyone and everything. Unless we learn to choose love, we will continue to replicate our experiences and habits of living in fear. The beauty of the third dimension is precisely this. When we learn to choose to love repeatedly, our frequency rises dramatically, resulting in what the spiritual world refers to as "enlightenment." We remain in the light and love sector. In this way, we can transcend the limitations of our ego-mind. To turn our ego into a free spirit, we must learn to let our heart and soul lead the way.

The fourth dimension is the dream world, also named as The Astral Plane. It is a less dense and more flexible dimension than the third dimension, but it also has only one timeline and it hosts the illusion of duality, the ego, and fear can exist here as well. Consider it a current of energy that contains all the events of a single timeline – the same timeline that exists in the third dimension. We normally pay a visit to this plane late at night. Anything is possible in our dream states.

Higher frequency people sometimes experience unexplained fatigue during their time spent in 3D because the disparity between dense 3D frequencies and much lighter 5D frequencies creates constant friction, which the body struggles to deal with. They go through 3D programming much like anyone else, but they also have a greater sense of "this isn't right," and they often self-sabotage and challenge themselves. They just want to be normal and integrate into society so that they do not feel an outcast. They are unable to cope and they doubt their spiritual abilities and strengths and often end up indulging in drugs and alcohol which enables them to cope better. The issue with this is that drugs and alcohol have a much lower frequency than our bodies, which can lead to long-term anxiety and depression due to the energy field contracting and so inhibiting them to see the light.

The fifth dimension is the last one we will discuss today, this one is of absolute light and unconditional love which is source energy before joining the realms of the higher dimensions. This is the dimension that exists outside of linear time, which means that several different timelines / realities are available in this plane, physical life is still possible, but with a lighter body and a different cellular structure. There is no discomfort or fear when the human body is completely converted into this structure. It is the physical manifestation of unconditional love and abundance. Our higher self has completely merged into our physical body and is now in control of our life's direction.

It becomes easier to manifest in the fifth dimension, and we can live the life of our dreams. It all comes naturally in 5D since we've rediscovered that the Universal energetic flow still leads us in the right direction. There are no restrictions. We live in full honesty and independence. We give freely and without conditions. There is no ageing or disease and there is no fear. We live as long as we want in the physical form before we wish to leave it. This occurs without difficulty or discomfort. "To live in 5D is to live from the heart. We communicate with one another through our souls, and we can feel the love and bond right away."

Returning to the lower dimensions is no longer possible once you are in the fifth dimension as one's frequency has been elevated to a higher degree. Many star seeds and angelic beings choose this path to assist humanity's ascension. Since there is no echo in 5D, people are immune to people who may have lower frequencies. They are not attracted to darkness as they just exist in the sun. People who haven't begun their own ascension process and aren't open to higher frequencies, won't be able to see those who are in 3D. As duality and linear time fade away, all that is left is a life lived in the NOW. In 5D, our ego has evolved into a free spirit that collaborates with our body and soul. We don't take anything personally from people who aren't yet able to align with that plane. We are aware of their baggage and path, and we do not judge or blame them, but rather love them unconditionally because we recognise that they are a part of the whole universe. We know there isn't any threat, so we don't need to defend ourselves. We know that our light is so bright that it naturally absorbs the darkness. We live in 5D according to universal energetic rules, understanding that our thoughts establish our reality. People completely trust the energetic flow and where it takes and directs us so there are no man-made rules or regulations. Since there is no rivalry and nothing to compare, there is no need for possessions or prestige or the ego. Everything becomes a kind of unrestricted sharing. We are what we are. We see what we see. We adore ourselves and value our uniqueness as part of the whole. We know that our needs will always be met and that we will always be looked after. Gratitude is always present. We are in a state of enlightenment while we are in 5D so it's no surprise that it's called "heaven on Earth"

As we conclude this episode, I would like you to think about which dimension you may be currently living in and what is it that makes you come to this conclusion. It would be great to hear from you and to find out how you relate to the different dimensions and also what limitations you may currently have that may be holding you back from reaching infinite potential. Please do get in touch if you have any questions or comments about this episode as I would love to hear from you all. While this our episode comes to an end, you may want to check out my book 'Victim2Victor', now available on audio, where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope

and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self.

I also have a 12-week self-development plan that is FREE and aims to guide you on your journey to recovery. You can find the link in the description below.

Please like this podcast and tag or share it with someone you know who is going through a similar situation and may need help. I will be back with another podcast soon. Until then, take care and stay empowered.

