

An excerpt from *Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last*, by Dr. Jennifer Howard.

Embrace Your Multidimensional Nature for Greater Freedom, Ease and Joy

*“I cannot overemphasize how important it is to know how to discriminate
between the different dimensions of who we are.”*

—Andrew Cohen

Existence is multidimensional. There are many dimensions or levels to our known physical world. Throughout the years, we’ve been discovering the micro-components of our world down to quarks, the contents of atoms. We’ve also been exploring our vast outer space. In our physical world there is much we cannot see in an ordinary day, but we’ve learned through science that it exists. From the micro to the macro, much of what exists in our physical universe is not normally detectable.

Humans exist on many dimensions too. These dimensions can be described as grades or levels of consciousness. Some levels are involved in our ordinary day-to-day lives and are very familiar to us, while other levels aren’t as easily seen and can be experienced as feelings, thoughts, and connections with energies beyond our visible world. There are many degrees and layers of these feelings and thoughts that we need to discover in order to create lasting change and greater happiness. There are many layers to discover in our spiritual world as well. We are multidimensional beings, and in psychological terms we know we’re individuals leading separate lives, yet at the same time we’re part of the whole of the Universe.

From the perspective of the whole, the world is connected and all one. From our usual human perspective, we have a body, we think thoughts, we have feelings, and we can either be connected to a higher source, or not. This linear way of thinking helps us tease out our knots, difficult fixations, and painful personal issues, from the least to the most uncomfortable. An example of this is the disappointment of not getting that promotion you wanted versus the devastation of losing a loved one.

Throughout the centuries, most of the spiritual and psychological traditions have spoken of our human existence in terms of levels. Recognizing that we’re multi-dimensional beings, and understanding the levels in which we can thrive is how we make the lasting changes we’ve been longing for, and truly reach our innate human potentials. The Yogis, the Kabbalists, the Sufis, the

Christian Mystics, the Native Americans, the Buddhists, and psychotherapists all have ways of helping us work with the levels of our humanity in order to reach these potentials.

Dimensions of Consciousness

It helps to look at transformation in the context of dimensions of consciousness, in order to frame change in the workability of these distinctions. In many schools of thought, Reality is composed of many different yet continuous dimensions that reach from lower, narrower, and denser consciousness to higher, deeper, broader, and subtler consciousness. Different paradigms break it down differently. For instance, some paradigms use body, mind, and spirit, while others begin with matter, and then separate spirit and soul.

Our primary exploration will be of the four dimensions, their transformational possibilities, and their mindsets. Although some of this is modeled from the universes in various Kabbalistic texts, our journey together will be a synthesis of psychology, spirituality, and science. Although we'll examine these dimensions separately, keep in mind the goal is integration. And as you become more integrated you'll live in ever-increasing states of wholeness for longer periods of time, which will be reflected in your life as greater degrees of calmness and peace, more loving relationships, and the ability to handle whatever arises from an increasingly stable and grounded perspective.

These four dimensions help you more accurately perceive Reality in order to more easily transform your life. Very briefly, The Four Dimensions of Consciousness include:

1. The Action-Physical Dimension. This is our physical world and the densest of all dimensions—the furthest from the Infinite Light. Here we have duality, a *this* and a *that*, which supports us in perceiving our world as concrete, permanent, and unchanging. From this perspective, life might seem mysterious. We're more susceptible to superstition, control and fear. This is the dimension with the most limited point of view.

2. The Formation-Emotional Dimension. This is a more fluid dimension, where we begin seeing we have an inner life—a deeper self—and we can relate better to others. Here we can reflect on our life and begin to see we have an effect on it. We try to understand our feelings, and deepen our search for meaning and God. We start to see our life path, and understand how our thoughts and beliefs contribute to what we feel.

3. The Creation-Mental Dimension. In this dimension, we sense a greater inner spaciousness. We begin to notice our thoughts, untangle our belief systems, and embrace life with all that it is. This is the level of creation. We no longer search for something outside of ourselves to rescue us, but rather recognize our happiness is an inside job. Inside and outside are one. We begin to experience ourselves *in* Reality and not always reflecting upon it.

4. The Emanation-Spiritual Dimension. This dimension is the highest/deepest level of consciousness, what many traditions call “the vast, wordless expanse.” In this dimension we experience Oneness. You can, as it says in Psalm 46:10, “Be still and know that I am God.” It is the Mystery, or unknowable dimension of consciousness. Meister Eckhart referred to this as the “Godhead.” All dimensions spring from here, the Divine Will.

Together, these Four Dimensions of Consciousness make up a map of Reality.

This way of viewing consciousness is a linear and hierarchical model, yet all of the four dimensions are infinite, meaning you don’t grow out of one and progress completely to the next. In my experience, we don’t ever completely grow out of embodying Reality, connecting to our body, or doing our psychological/historical work. We simply sink deeper, unearth more subtle levels of our humanity, and travel more deeply into these simultaneous aspects of Reality.

Working on your personal or psychological issues allows more and more subtle layers of your life to be seen. This continual commitment to being aware of your human journey brings you closer to Wholeness. As you grow into all that you came to be, you notice you’re more congruent and hold longer periods of cohesiveness, meaning you’re less agitated by life’s problems. As you become more steadfast and durable, your life can contain more fun and play.

It’s important to know and embody all of the dimensions as deeply as you can. As you integrate these different parts of yourself you move closer to the embodiment of the higher, deeper dimensions, and therefore live with greater peace and freedom. Knowing and experiencing them concretely allows the integration of all the layers of self, which gives you the opportunity to experience a fully joyful life.

##

Dr. Jennifer Howard is a licensed psychotherapist, energy healer, and spiritual teacher. She’s the author of *Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last*, Huffington Post blogger and the host of the weekly radio talk show,

A Conscious Life. Visit her website, www.DrJenniferHoward.com, for meditations, articles, and free gifts.

Reprinted, with permission of the publisher, from ***YOUR ULTIMATE LIFE PLAN: HOW TO DEEPLY TRANSFORM YOUR EVERYDAY EXPERIENCE AND CREATE CHANGES THAT LAST*** © 2013 Dr. Jennifer Howard. Published by New Page Books a division of Career Press, Pompton Plains, NJ. 800-227-3371. All rights reserved.