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Multidimensional Awareness: Your Path to Freedom and Success

By Dr. Jennifer Howard

(913 words)

Most of us are aware that we live life on different levels. From one level, we experience that we have a body, with its sensations, needs, and pleasures. From another, we know that we have emotions, even if we're not always in touch with them. And from a third level we're cognizant of our thoughts, on average having around 70,000 of them each day.

Becoming aware of these different levels or dimensions of the self helps us in many ways. It helps us to know ourselves more deeply, live more authentic happy lives, and leads us to our deepest level, or the True Self.

There are myriad spiritual traditions and philosophies that can guide us to an inner connection with our deepest selves, and you may have explored a few of them. Many help us see ourselves in progressive levels of consciousness or degrees of self-awareness. In the Shamanic tradition some say there are seven levels of consciousness. Don Beck and Christopher Cowan have outlined the eight stages of Spiral Dynamics. Ken Wilber talks about the Great Nest of Being. The ancient Jewish mystical path, the Kabbalah, has four universes. David Hawkins measured seventeen vibrational levels of consciousness. There are many different systems of viewing human perception and existence.

When we understand the levels or dimensions of consciousness, we can profoundly alter our relationship to the world. Based upon years of study and experience, I've formulated a multidimensional view of human life—a system that works with four dimensions of consciousness and their mindsets—and have found it helpful in assisting people on their journey to wholeness. In this system, each dimension takes us into a deeper level of reality and consciousness, and each dimension contains the next. Similar to Russian nesting dolls, the first and densest dimension is contained within the second, and onward until the fourth dimension, which contains the other three and is the closest to Infinite Light or Wholeness.

From a linear perspective, our consciousness, self-knowledge, and freedom expands as we grow and enter each consecutive dimension. From a holographic perspective, meaning every part contains the whole, each individual has access to all four dimensions in any given moment. On a cellular level all of who we are, including our body, contains Wholeness. As we continue integrating disparate parts of ourselves, we create a life of peace and freedom beyond anything we've experienced.

Here's a brief description of each of The Four Dimensions of Consciousness:

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.

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.

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 in whatever way it shows up. 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.

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.

This isn't only a linear journey. You can sink into the ever-present Wholeness at any time. Yet as you grow and learn, you naturally develop and mature into higher/deeper dimensions of consciousness. When you become aware of and do what it takes to be with life as it shows up, you'll resolve your emotional issues, dismantle belief systems that no longer serve you, and heal old pain. As you begin integrating these essential aspects of your humanity, you'll drop more fully into Wholeness.

Using The Four Dimensions of Consciousness as a framework for transformation helps you grow and mature. You'll learn to more effectively communicate what you need and want.

You'll enjoy harmonious relationships, physical healing, and greater fulfillment in life. Living with greater awareness of The Four Dimensions of Consciousness will naturally lead to creating the life you were born to live!

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