

## The 'Ds' – surfing the different Dimensions

**People are living on different levels of reality - which we could understand as DIFFERENT LEVELS OF DENSITY.**

(This article is a provisional 'sketch'. Pls don't distribute it yet).

In the animal kingdom there are creatures which live worked on further.)**in the earth**, others **in the water**, others **on land** and others again - at least partly - **in the air**.

On a spiritual level we seem to have similar spheres of *different densities and beings living in them*.

For some life is rather dense, solid, with fixed rules, morale, social connections and worldly goals, while for others life is more about ideas, energies, awarenesses and connections.

This is also known as the Soul versus Spirit polarity.

Some people have started to call these different spheres of density '**Dimensions**' and they normally start to count with **D3**.

**D3** would be the normal, ego-based, mainstream awareness, the physical, mechanical universe reality.

**D5** would be the spiritual reality that in fact creates it.

Dimensions above D5 (they think it goes up to 10, but I see only a pattern of 8) are not real to them.

This might be a new way to look at things for many of us.

If someone is solidly at home in D3 - this person might have a hard time to feel into the reality of the higher dimensions (D4 to D8) and will probably not understand much of what I try to sort out here.

This is not a problem, stay with your own reality and the path of releasing will smoothly move you along to higher and higher levels of reality and awareness and - if you want this - you can even reach D7.

SOUL	
1 D	2 D
<b>Existence as a Body</b>	<b>Survival as a Body</b>
Experiencing Self as Body Attention on Basic Survival Health Nourishment Shelter Safety	Experiencing Self as Family  Attention on Personal Relationships Sexuality Children Family Basic Income Safety Reserves

SOUL	SPIRIT
3 D	4 D
<b>Existence as a Social Being</b>	<b>Waking up as an individual Spirit</b>
<p>Experiencing Self as a Member of a Group</p> <p>Attention on Social Acceptance Status Looks/Beauty/Fashion 'Sexiness' Possession / Money Power Believing in Science and Authority /Moral Worldly Goals Religion as Belief Reality is defined by the Outside/Others</p>	<p>Experiencing Self as Spiritual Individual</p> <p>Attention on Truth Individual Experiences start to contradict the Group-Reality and Group-Values</p> <p>A lot of different Viewpoints have each their own Truth</p> <p>The feeling of real connectedness and unity with others grows</p>

SPIRIT	
5 D	6 D
<b>Creating Self</b>	<b>Becoming aware of Self as (a) Static</b>
	<b>First Level of Real Sanity</b>
<p>Experiencing Self as one's own Creation</p> <p>Self Worth</p> <p>Vibration</p> <p>Freedom</p> <p>Understanding</p> <p>Knowing</p> <p>Source</p> <p>Ethics</p> <p>Spiritual Goals</p> <p>Mission</p> <p>Experience</p> <p>Reality is defined by the Inside and how the Inside perceives the Outside</p> <p>'All is one' – seen from the individual viewpoint</p>	<p>Experiencing Self as Transcendent</p> <p>Becoming aware of Non-Duality</p> <p>Poles of a polarity can be merged to reach the higher level above the Polarity.</p> <p>No attachments</p> <p>Connectedness</p>

STATIC	
7 D	8 D
<b>Existence as (a) colored Static - No Self</b>	<b>Static</b>
Self is not a Topic anymore	
Awareness of the 'Spiritual Mechanics' as Truths and Tools of Operation	

## Some further descriptions of the Density Levels 3, 4 and 5

### Living from a 3D State

3D consciousness is viewing things from a purely physical state. You are seen as an individual that is separate from others.

Life feels like “the survival of the fittest” and you are identified by the way you look, the job you have, the car you drive and the people you surround yourself with. You might feel fearful about missing out or not having enough.

Things are perceived as being good or bad and life is a competition. There is not enough for everyone and some people have to miss out. Fulfilment is found in making money and social status.

Your thoughts have no power over your reality and what comes your way in life is simply a coincidence. You rely on your five senses to move through the world.

There is a lot of joy in living life from the 3D state but pain and deeper emotions can be difficult to manage.

In a 3D state there is no desire to go within or to look at things from a deeper stand point. Life is played out by skimming the surface. There is no desire to dig deep or to understand the deeper meaning behind things.

## **Living from a 4D State**

Many people believe that the 4th dimensional state acts like a “gateway” to the 5th. When in 4D it is easy to travel back to a 3D state, however this jump in consciousness is much more difficult when you reach a 5D state.

4D consciousness begins to awaken to the idea that we are all connected and that there is more to life than what meets the eye.

Thoughts are powerful and can shift the way reality is perceived. Duality and the idea of good and bad is still experienced, but there is more compassion and understanding behind it.

There is a strong desire to find your purpose and to follow your passions. You understand that life is meant to be enjoyed and that you are worthy to live the life of your dreams.

You perceive the world through 6 senses and your intuition starts to grow and expand. You seek a deeper meaning to life

and you can start to see the synchronicity/magic of the Universe.

4D is a rift between 3D and 5D – it is the battlefield of the 3 D organized fundamentalist religion and/or or scientific theories with spiritual experience.

3D and 5D are Poles of a Polarity.

The Polarity is between REALITY (defined as that what the majority of a group agrees with) and TRUTH.

It is also the polarity between Moral and Ethics, etc. etc.

## **Living from a 5D State**

Once you reach a 5D state of consciousness, it is very difficult to go back to a 3D state.

From this level of consciousness you begin to understand that we are all one and we are all connected. Life becomes an adventure of growth and good or bad lose their absolute values. There is much less judgement. You understand that everyone is just on their own journey.

Everyone is considered to be equal and there is a desire to live from a place of pure authenticity. You understand that your purpose is to live your truth ...

## **A Warning - Seen from the 5D State**

The NONSENSE you can find on the Level 4D and 5D - claiming to be the ultimate Truth - is beyond description:

On these levels you find thousands of different Gurus, Coaches, Masters, Magic Guys, Angels & Demons, Aliens, Systems to get rich, Affirmation-Systems, Religions, Modalities to control the Subconscious, Spells and black Magic, Astrology, Channelling, Card-and Aura Reading, etc. etc.

Seen from D3 – or D7 - all this is an unbelievable nonsense and simply: rampant insanity.

'Must have' 'Unconditional Love and Forgiveness' ' – and 'everything is as it has to be', 'everything is good for something', and 'you are guarded and nothing bad can happen to you' - and 'all is Karma' – etc. etc. are huge traps on these levels.

A person gets very easily lost in 4 and D. The big danger is that a person coming from solid 3D finds some truth in 4D or 5D and then settles for that and stops looking further.

Things become only sane, really 'Clear' and 'Awake' on 6D and 7D.

Continuing RELEASING will bring you there.

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To connect with Mark for a session or just to ask questions:

You best PM me on our FB group:

FB: <https://web.facebook.com/groups/releaseit/>

Mark: [scienceofreleasing@gmail.com](mailto:scienceofreleasing@gmail.com)