

MULTIDIMENSIONAL BODY FRAMEWORK

Understanding Your Layers of Existence

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Introduction

You are not just a physical body. You are a multidimensional being operating across multiple layers of reality simultaneously. When these dimensions are out of balance, or when your field is distorted and not properly protected, you experience additional difficulties in life.

Understanding your multidimensional framework helps you:

Heal at deeper levels

Protect your energy field

Align with your true Divine nature

Create the reality you desire

Understand why emotions affect you so profoundly

This knowledge is essential for your transformation.

THE LAYERS OF YOUR MULTIDIMENSIONAL BODY

Layer 1: THE PHYSICAL BODY (1st Dimension)

What it is:

Your dense, material form - flesh, bones, organs, cells

Frequency:

Lowest, slowest vibration - frozen light as matter

Function:

Vehicle for your soul in 3D reality

Houses all other bodies

Experiences physical sensations

Stores emotional memory in organs and tissues

When out of balance:

Physical illness, pain, dis-ease, fatigue, symptoms

Healing practices:

Proper nutrition and hydration

Movement and exercise

Sleep and rest

Bodywork and massage

Addressing stored emotions in organs (see Body Messaging System)

Layer 2: THE ETHERIC BODY (1st-2nd Dimension)

What it is:

The energetic blueprint/template of your physical body

Frequency:

Slightly higher than physical - the energy field 1-2 inches from your skin

Function:

Energy channels (meridians)

Holds the pattern for physical health

Chi/Prana/Life force flows here

First layer of aura

When out of balance:

Low energy, fatigue before physical illness manifests, energetic leaks

Healing practices:

Acupuncture

Energy healing

Qi Gong, Tai Chi

Grounding

Rest and recuperation

Layer 3: THE EMOTIONAL BODY (2nd-3rd Dimension)

What it is:

Where you feel and process emotions

Frequency:

Fluid, changeable, responsive to thoughts and environment

Function:

Experiences all emotions

Connects you to others emotionally

Creates emotional attachments and cords

Extends 2-3 feet from physical body

When out of balance:

Emotional overwhelm, mood swings, depression, anxiety, emotional reactivity, triggers activated constantly

Healing practices:

Emotional release work

Inner child healing

Shadow work

Crying, expressing feelings safely

Ho'oponopono

Cutting emotional cords

NOTE: This is where most of your healing work happens - suppressed emotions from this body create dis-ease in the physical body.

Layer 4: THE MENTAL BODY (3rd-4th Dimension)

What it is:

Your thoughts, beliefs, mental programs, and conscious mind

Frequency:

Faster than emotional - thought vibration

Function:

Creates thoughts and beliefs

Houses mental programs from conditioning

Rational thinking and logic

Decision making

The Ego/Epigenetic Overlay operates here

Extends 3-8 feet from physical body

When out of balance:

Negative thinking, limiting beliefs, mental loops, overthinking, anxiety, mental programs running on autopilot 95-98%

Healing practices:

Reprogramming subconscious

Casting burdens

Incantations and declarations

Changing your story

Commanding your ego

Meditation

Layer 5: THE ASTRAL BODY (4th-5th Dimension)

What it is:

Bridge between lower and higher bodies - where you travel in dreams

Frequency:

Higher than mental - begins spiritual dimensions

Function:

Dream state and astral travel

Psychic impressions

Connection to astral plane

Holds karmic imprints

Extends up to 12 feet from body

When out of balance:

Nightmares, disturbed sleep, feeling "not here," spaced out, psychic attack vulnerability

Healing practices:

Dream work

Past life regression

Astral cord cutting

Protection before sleep

Grounding practices

Layer 6: THE ETHERIC TEMPLATE BODY (5th-6th Dimension)

What it is:

The divine blueprint - the perfect template of who you're meant to be

Frequency:

High spiritual frequency

Function:

Holds your soul's original design

Divine perfection template

What you're healing back toward

Connection to divine will

Extends 1.5 - 2 feet from body in an oval shape

When out of balance:

Feeling disconnected from purpose, spiritual crisis, not knowing who you are

Healing practices:

Connecting to Higher Self

Understanding Soul Blueprint

Life purpose work

Divine alignment practices

Layer 7: THE CELESTIAL BODY (6th-7th Dimension)

What it is:

Your connection to divine love, unconditional love, ecstasy

Frequency:

Very high spiritual frequency - approaching source

Function:

Experiences divine/unconditional love

Spiritual ecstasy and bliss

Connection to all that is

Oneness consciousness

Extends 2-3 feet from body

When out of balance:

Spiritual disconnection, inability to feel divine love, feeling separate from Source

Healing practices:

Meditation on divine love

Heart opening practices

Connection to Source

Experiencing oneness

Layer 8: THE KETHERIC TEMPLATE BODY (7th-8th Dimension)

What it is:

Your connection to the Monad/Oversoul/Super Conscious - your Divine Mind

Frequency:

Highest frequency of the auric field

Function:

Holds all soul memories from all lifetimes

Connection to akashic records

Soul contracts and agreements

Divine plan and blueprint

Integration point with Oversoul/Monad

Extends 2.5-3.5 feet from body, egg-shaped

When out of balance:

Feeling lost, no sense of soul purpose, karmic loops repeating

Healing practices:

Soul retrieval

Past life healing

Connecting to Monad/Super Conscious

Understanding soul contracts

Akashic record reading

BEYOND THE AURA: THE OVERSOUL/MONAD

What is the Oversoul/Monad?

The Oversoul (also called the Monad or Super Conscious) is the greater aspect of your soul that does NOT incarnate into physical form.

Key Understanding:

When you incarnate, only a PORTION of your soul enters the physical body. The majority remains as the Oversoul, operating across higher dimensions (4th, 5th, 6th dimensional levels) and parallel realities.

Why?

The physical body cannot sustain full Soul presence at once, especially due to the reduction of DNA strands over human history (from 12 strands to 2 strands - the "junk DNA").

Soul Integration happens in stages:

Days 33-56 of pregnancy (first integration)

At birth (second integration)

Age 12, 22, 33, and 42-44 (key life phases)

Your goal in healing work:

Bring all fragmented parts back into union with the Monad/Super Conscious - becoming WHOLE.

HOW EMOTIONS CREATE YOUR REALITY

The Vibrational Scale

Every emotion carries a specific magnetic frequency.

Lower frequencies create lower realities:

Fear, shame, guilt, apathy → illness, struggle, limitation

Higher frequencies create higher realities:

Love, joy, gratitude, peace → health, abundance, miracles

When your multidimensional bodies are aligned and in balance:

Physical body is healthy

Emotional body is clear

Mental body is positive

Spiritual bodies are connected

You create from higher consciousness

Life flows with ease and magic

When your bodies are out of balance or distorted:

Energy leaks

Entities can attach

Illness manifests

Life feels like struggle

You operate from survival/ego

Karmic loops repeat

THE ULTIMATE SCALE OF CONSCIOUSNESS

[Space reserved for your consciousness scale to be added]

This scale shows how different emotional states create different vibrational realities. The higher your consciousness, the more you operate from your divine nature rather than survival programming.

PROTECTION: WHEN YOUR FIELD IS DISTORTED

Why Protection Matters

When your multidimensional field is distorted and not properly protected, you experience:

Energy drainage/depletion

Entity attachments

Psychic attacks

Emotional overwhelm from others' energies

Difficulty maintaining your vibration

Physical illness from energetic intrusion

Mental confusion and fog

Soul fragmentation

Signs Your Field Needs Protection:

- Feeling drained after being around certain people
- Picking up others' emotions as your own
- Sudden mood changes in crowds/public places
- Exhaustion for no physical reason
- Nightmares or disturbed sleep
- Feeling "not yourself"
- Thoughts that don't feel like yours
- Physical symptoms that come and go mysteriously

Basic Protection Practices:

Daily energy clearing (calling power back - 4 Techniques)

Grounding (connecting to Earth)

Setting energetic boundaries

White/golden light protection visualization

Closing portals and chakras when needed

Activating your Merkaba Light Body Vehicle

Declaring sovereignty: "I am sovereign. Nothing and no one has power over me."

THE TWO TREES OF LIFE: ETERNAL VS. ARTIFICIAL

Understanding the Kathara Grids

There are TWO different Tree of Life systems operating on Earth:

The ETERNAL Tree of Life (Kathara Grid 12-sphere with Crystala Spiral)

The ARTIFICIAL Tree of Life (Kathara Grid 10-sphere with Fibonacci Spiral)

This is crucial to understand because one creates life and the other harvests energy.

THE KATHARA GRID 12-SPHERE TREE OF LIFE (ETERNAL)

[Image space reserved for 12-sphere Kathara Grid with Crystala Spiral]

What it is:

The original, organic, divine blueprint of creation based on Krystal/Crystala Spiral mathematics.

Key Features:

12 spheres representing 12 dimensions of creation

Crystala Spiral - expansion spiral of eternal life

Connected to Source/God-Source directly

Based on sacred geometry of creation

Always creating energy - generative system

Supports 12-strand DNA activation

The Crystala Spiral:

Mathematical basis:

Sacred geometry aligned with Source

Infinite expansion

Self-sustaining

Always in process of creation

Gives energy without taking

How it works:

Energy flows FROM Source

Continuously regenerating

Life-giving

Supports evolution and ascension

Natural to human divine blueprint

What this means for you:

When you align with the Kathara 12-sphere/Crystala Spiral system, you:

Connect to your original divine blueprint

Activate dormant DNA

Access Christ/Krystos Consciousness

Experience eternal life force

Heal from Source energy

Operate from creation, not survival

Free yourself from harvesting systems

This is your TRUE divine template.

THE KATHARA GRID 10-SPHERE TREE OF LIFE

(ARTIFICIAL)

[Image space reserved for 10-sphere Kathara Grid with Fibonacci Spiral]

What it is:

The artificial, distorted system based on Fibonacci Spiral mathematics - used in Kabbalah and mainstream esoteric teachings.

Key Features:

10 spheres (2 missing from original 12)

Fibonacci Spiral - consumption/harvesting spiral

Disconnected from Source at the top

Created by Fallen Consciousness groups

Must destroy energy to create energy

Keeps beings trapped in limited consciousness

The Fibonacci Spiral:

Mathematical basis:

Based on consumption and predation

Found in nature BECAUSE it was seeded here

Closes back on itself

Finite, not infinite

Takes energy, doesn't generate

How it works:

Energy must be harvested/siphoned

System of predation

Death and rebirth cycles (reincarnation trap)

Drama, war, suffering generate energy

Keeps beings in separation consciousness

Perpetual victim/victimizer dynamics

Examples in Nature:

Yes, you see Fibonacci in:

Flower petals

Shells

Hurricanes

Galaxies

BUT - these were seeded/programmed with Fibonacci to harvest energy from organic life. This is NOT the original divine template.

What this means for you:

When you're operating in the Kathara 10-sphere/Fibonacci system, you:

Are stuck in reincarnation cycles

Experience constant drama and conflict

Feel energetically drained

Live in survival mode

Experience predator/prey dynamics

Cannot access full DNA potential

Are being harvested by Fallen entities

Stay in separation consciousness

This is the TRAP system.

THE GREAT SEPARATION: 2023 AND BEYOND

CRITICAL UNDERSTANDING:

These two systems have been in the process of separation since 2023.

What this means:

The Crystala Spiral/12-sphere system and the Fibonacci Spiral/10-sphere system are splitting apart.

You must choose:

Which system do you align with?

Do you want eternal life or continued harvesting?

Do you want creation or destruction?

Do you want freedom or enslavement?

How to choose:

You choose through:

Your consciousness level

Your vibration/frequency

What you align with energetically

Your healing work

Activating your Krystos/Christ Consciousness

Connecting to your Monad/Super Conscious

Living from love, not fear

COMPARISON CHART: ETERNAL VS. ARTIFICIAL

ETERNAL SYSTEM

ARTIFICIAL SYSTEM

12-sphere Kathara Grid

10-sphere Kathara Grid

Crystala Spiral

Fibonacci Spiral

Connected to Source

Disconnected from Source

Creates energy

Destroys to create

Life-giving

Life-draining

Infinite expansion

Closed loop

Unity consciousness

Separation consciousness

Christ/Krystos Consciousness

Fallen consciousness

12-strand DNA potential

2-strand DNA limitation

Freedom

Enslavement

Ascension path

Reincarnation trap

Love-based

Fear-based

WHY THIS MATTERS FOR YOUR HEALING

Understanding these two systems helps you recognize:

1. Why life has been so hard

You've been operating in a harvesting system

Your energy has been siphoned

You've been in the reincarnation trap

Fibonacci programming keeps you in survival

2. What you're healing back to

Your original 12-sphere divine blueprint

Your Crystala Spiral alignment

Your Christ/Krystos Consciousness

Your connection to Monad/Source

3. How to free yourself

Align with Crystala Spiral consciously

Activate your divine template

Raise your consciousness

Heal fragmentation

Connect to Monad/Super Conscious

Choose love over fear

Declare sovereignty

BRINGING IT ALL TOGETHER

Your Multidimensional Healing Path

To become whole and aligned across all dimensions:

1. Physical Body

Heal symptoms by addressing stored emotions

Use Body Messaging System to decode illness

Nourish and care for your vessel

2. Etheric Body

Clear energy channels

Ground regularly

Maintain energetic boundaries

3. Emotional Body

Feel and release suppressed emotions

Inner child healing

Shadow work

Ho'oponopono practice

4. Mental Body

Reprogram limiting beliefs

Cast burdens

Command your ego

Change your story

5. Astral Body

Cut cords and contracts

Clear past life trauma

Protect yourself during sleep

6. Etheric Template

Align with your divine blueprint

Know your soul's purpose

7. Celestial Body

Connect to divine/unconditional love

Experience oneness

8. Ketheric Template

Integrate with Monad/Super Conscious

Retrieve soul fragments

Understand soul contracts

The Ultimate Goal

WHOLENESS = All parts of self integrated and aligned with the
Monad/Super Conscious

When you achieve this:

All bodies are balanced

All fragments are retrieved

You operate from Crystala Spiral/12-sphere system

You're aligned with Source

Christ/Krystos Consciousness is activated

You create reality consciously

You are FREE

DAILY PRACTICE FOR MULTIDIMENSIONAL ALIGNMENT

Morning Alignment Practice (10 minutes)

1. Ground (Physical/Etheric)

Feel feet on Earth

Roots growing from root chakra deep into Earth

"I am grounded. I am safe. I am here."

2. Clear Energy (All bodies)

Speak the 4 Techniques - call your power back

Visualize golden light clearing all layers

3. Align with Monad (Ketheric Template)

"I call upon my Monad, my Super Conscious, my Divine Self"

Feel connection strengthening

4. Set Protection (All bodies)

White/golden light surrounding all 8 bodies

"I am sovereign. I am protected. Nothing and no one has power
over me."

5. Declare Alignment (Choose your system)

"I align with the Kathara 12-sphere Grid"

"I align with the Crystala Spiral of eternal life"

"I activate my Christ/Krystos Consciousness"

"I am connected to Source"

6. Set Intention (Mental Body)

"Today I create from my highest consciousness"

State your specific intention for the day

Throughout the Day

Check in with each body:

Physical: Am I in pain? Tired? What is my body telling me?

Emotional: What am I feeling? Do I need to release something?

Mental: What thoughts am I thinking? Are they serving me?

Spiritual: Am I connected or disconnected?

When you feel off:

Stop

Identify which body/layer feels disturbed

Use appropriate healing technique for that layer

Call your power back

Reconnect to Monad/Source

Evening Integration Practice (10 minutes)

1. Review the Day

What emotions arose?

What triggered me?

Where did I feel out of balance?

2. Clear and Release

Journal any unprocessed emotions

Cast burdens

Ho'oponopono for anything unresolved

3. Soul Retrieval

"I call back all fragments I left today"

Feel all parts returning home

4. Gratitude

Thank each body/layer for serving you

"Thank you, physical body, for carrying me"

Continue through all layers

5. Integration with Monad

"I integrate all aspects of myself now"

"I merge with my Monad, my Super Conscious"

"I am whole. I am one. I am complete."

CONCLUSION

You Are a Multidimensional Being

You are not just a physical body with emotions.

You are:

8 layers of consciousness

Connected to your Oversoul/Monad

Part of the divine creation system

A powerful being of light

Here to remember your true nature

When you understand your multidimensional nature:

Healing becomes holistic

You address root causes, not just symptoms

You protect your field consciously

You choose which system to align with

You create your reality from higher consciousness

The choice is yours:

Crystala Spiral eternal life, or Fibonacci harvesting?

Freedom or enslavement?

Wholeness or fragmentation?

Source connection or separation?

Choose wisely. Choose consciously. Choose NOW.

Next Steps

1. Study this material deeply

Understand each layer of your being

Recognize which bodies need healing

Learn the difference between the two systems

2. Practice daily alignment

Morning and evening practices

Check in with all bodies throughout day

Maintain protection and boundaries

3. Do the healing work

Use all techniques from the Transformational Workbook

Heal each layer systematically

Retrieve all soul fragments

Integrate with your Monad

4. Stay conscious

Don't fall back into autopilot
Remember you are multidimensional
Choose Crystala Spiral alignment daily
Declare your sovereignty
5. Share this knowledge
Help others understand their multidimensional nature
Be a beacon of light
Support the great awakening
You are powerful beyond measure.
You are a multidimensional being of light.
You are here to remember yourself and return HOME to
Source.
The journey is within.
Welcome home.



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Resources:

MCEO Freedom Teachings (Voyagers I & II)

For complete healing practices, see: Shake Off Your Old Self:

Changing Tragic to Magic - Transformational Workbook

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