

Becoming a Multidimensional Human

Mo Wheeler © 2017

Multidimensional Living

People often claim they are in the “fifth dimension” or “seventh dimension,” or whatever. We don’t see the value of being that specific. Some people with energies originating from far-away places may think of unusual happenings as a way of life. You may have already experienced strange occurrences in your life—and you can probably expect more in the new paradigm. Becoming *multi*-dimensional is a process that *may* also occur gradually over a period of transitions and new learnings.

Being multidimensional involves being able to be in more than one place at a time and easily do two or more things at a time. It may involve seeing things that other people don’t see or hearing things that others don’t hear. I write about personal experiences here to give you an idea of changes to look for and the variety of new experiences *you* may want to be aware of.

Traveling in space and/or time is done by several members of the Energy Healing Partners team, just by asking for it or letting it occur. For me, the realization that I was “traveling” came when I went out to the kitchen table during the middle of the night to do a Sudoku puzzle and while doing it suddenly realized I didn’t know where I was. I couldn’t point to the refrigerator and didn’t have a clue where my bed or a bathroom was—even with bright lights turned on! A co-worker who is multidimensional couldn’t find the shower door one morning (from *inside* the shower)!

The really strange experiences of not knowing where I was diminished, but there would be times when I saw brief, scribbled writing on a piece of paper I’d been working on during the day and must have done the scribble in the middle of the night. I had to have had the light on to see where to write on the page.

Multidimensional Eating

Personally, I’m not sure when multidimensionally started for me, but I know when my dowsed diet started changing and it was probably at about the same time. I am relating my personal eating habits only as an example of how unusual yours *might* become—not as a recommended diet. Dowse your diet without expectations; dowse it often and adjust accordingly.

Dowsing what to eat occurred for me on a regular basis when the list of approved foods started becoming more restrictive. At the time, I was about to have a cataract removed and wanted to promote healing for my eyes, so I attributed the change to that. Memory wanes over the years but I’m sure the list included beef and spinach. These two foods are still on my dowsed diet, and dowsing tells me they are both “good for me” (in small quantities); I treat them like “treats.” A chiropractor told a co-worker who was a vegetarian that he needed to eat a small amount of meat for his body’s health. Vegetarians don’t want to hear that, but it’s a possibility you should be aware of and open to.

During one period of time, I was guided to eat over half a bag of potato chips at a time—which was more than *I ever* wanted. It seemed possible that the dolphin energies that come through me were needing more salt in my inside fluids. Now, I am often guided to eat potato chips, but only about a third of a bag, and not every single day.

What I eat would *not* be called a nutritional diet by most people. However, dowsing has guided my eating for about seven years now and resulted in excellent health, despite the minimal amount of fruits and vegetables. Dinner may consist of a bowl of popcorn, rice crackers with cheddar cheese, a beef taco, or just boiled spinach with butter. Breakfast and morning snacks are three of my peanut butter and pecan chocolates (see recipe on the web site)—every day. Apparently, when you become multidimensional, guidance cares for some of the dietary needs in other ways—or maybe just differently that we would imagine.

The point we are trying to make is to not expect to fit into society’s criteria for “healthy eating.” You can probably expect changes in your diet as you become more multidimensional. They may be different compared to others—you may have a different type of energy. Become a reliable dowser so you can trust the answers you get!

Multidimensional Sleeping

Sleep is a time when our conscious mind is definitely not in charge. When I realized that I was starting to see gargoyle-type faces that were a bit frightening, I knew a change was needed. Having negative or scary dreams is an important clue to watch for. Dowse every dream on a scale of -9 to +9. Learn from the positive dreams. Spirit may have something they want you to know about. Let go of the negative dreams. Don’t write them down or tell them to others, since that just allows the negativity to increase. Say, “I want the *thought* cancelled into infinity,” and ignore it.

Adjusting my bedtime statements (see below) stopped the travel, and, the strange events in the kitchen. Now I travel only during the day and only when I say I want to. You may have trouble giving up traveling, especially at night, because some of it is very enjoyable. However, with interfering energies wanting to block the progress of increasing the vibration of the planet, you are probably much safer staying in the here and now. Dowse what is best for *you*, and learn how to control your experiences with intention statements.

To stop interference at night, you can say the following whenever you put your head on a pillow:

Guidance, I want sleep to be restful, I want to stay in this time/space and in-between, and I want the intention translated into the mode of communication needed to help the Higher Self flow.

Guide Who Is Always There, I want *dreams* to be absolutely 100% pure and I want to stay in this time/space and in-between.

Guide Who Is Always There, I want *thoughts* to be absolutely 100% pure and I want to stay in this time/space and in-between.

Guidance, I want all doors that can be opened to access any parts insulated, closed and sealed to all that is less than absolutely 100% pure; and I want this intention translated into the mode of communication needed to help the Higher Self flow.

I want the vibration of the essential oil that is for the highest good.

I want to be protected by a pentagon.

Do three centering breaths, slowly in through the nose and out through the mouth.

We address our “Guide Who Is Always There” for some of these statements because this is our Higher Self—and beyond. When sleeping, we want control to be in their hands rather than in our subconscious mind. The statements may only last for a given period of sleep, meaning that if you wake up and do something you may need to say them again before going back to sleep.

Note that asking for a specific essential oil is not necessary when you are multidimensional. Higher Power will make the one that will be most helpful, as needed. Sometimes they take a *particle* of one essential oil and add it to another. This statement, by the way, has eliminated cramps in my calves upon waking.

You may be wondering if becoming multidimensional is worth it, but I assure you it is for the highest good, and can lead to some interesting experiences—like the time I woke up and noticed some words written on my Sudoku sheet. They were in my handwriting, but I didn’t understand what they meant and had absolutely no recollection of writing them. That day one of the team members (without knowing what had been written) channeled information that made sense of what I had written in the night and were very useful in our work together. Higher Power is guiding us in all we do—and helps us work as a team!

If you wonder whether you are having multidimensional experiences, just dowse it. You can also dowse what *per cent* multidimensional you have become. In the new paradigm, a *continuum* is always preferred over a *yes/no* response.