

Understanding of Self

There never really is an ending or a beginning to self, as it is all one of the same, a sphere if you will. Self is a revolving sphere, which is floating and is being gently guided through eternity.

There are infinite variations of vibrations represented within the sphere of self. One level of vibration holds a resonance that you believe to be your present and is represented differently than the others. It is represented in what you know as the physical reality. All of one's experiences are contained within the sphere of self. All is happening at once but only one particular resonance is capable of a physical representation.

We have the ability of adjusting our resonance enough to view the sphere at different angles, a different speed of velocity, thus enabling us to see another sector of the same, only a different lifetime.

Lifetime upon lifetime all with one purpose, one given formula with many different faces. Progress is recorded at one level and that in turn changes the total resonance of the sphere of self, therefore allowing growth.

Shifting one's energy to a higher resonance creates a difference in all the angles of viewing. All the sectors have

been changed. The more change that occurs, the higher the vibration will be.

All the representations of our physical existences have been adjusted. The present physical lifetime will have changed and the new opportunities when received will have been altered according to the shifts that have occurred to the whole.

The total experience of the sphere of self will have been lifted, along with all the individual existences contained within the sphere. The sphere has been illuminated, charged if you will.

Existences that you call the past are merely reflections of what is and existences that you believe to be in the future are also reflections of what is. All are reflections and variances of the whole that exists as self. Physically speaking only one representation of self is exposed. This is not the case. Only one representation of self is physical. All the other representations of self that are contained within the sphere are existing at the same time, only not in what you recognize as your physical existence.

The element of time is only a physical representation of one's experiences. The total of one's experiences exists in the other dimensions. All dimensions are available to us as part of our own sphere of self.

There are no barriers other than the belief structures that one limits one self to. Expansion of the belief system allows one the freedom to maneuver between the dimensions recreating the situations that is currently held by that belief system.

Possibilities abound far beyond the concepts that are taught. Teachings are ideas with limitations. Openness and imagination are the only requirements needed to navigate our own sphere of experiences (lifetimes).

Energy alignment, velocity and trust are the motivators, propellants. Combinations create the ability to access—access to all the other dimensions of self.

There is one self – directed by self, alone. Any one experience you call a lifetime is capable of causing change within the whole. They are all intertwined. All are a reflection of self. All are a part of the whole.

Self-guided

Self-acknowledged

Self-motivated

Self-propelled

Self-recognized

The most important of all, is the ability to love one's self and in turn emit loving energy to all who are able to receive and by doing so increase one's own resonance. The highest resonance being love, which is universal and present in all dimensions.

-BARBARA LYNN