

The HAL Approach to ESP

– The Higher Order Senses Basic & Exercises Course

In the Progression Sciences, we work with the higher order reality energies and the higher order senses. Thus, to be able to sense, see and perceive the information from these realities, we need some basic understanding of what the higher order realities are, what senses that are involved and how to activate these, similarly to the ways we learned how to navigate in this reality. So, let us begin with the Course

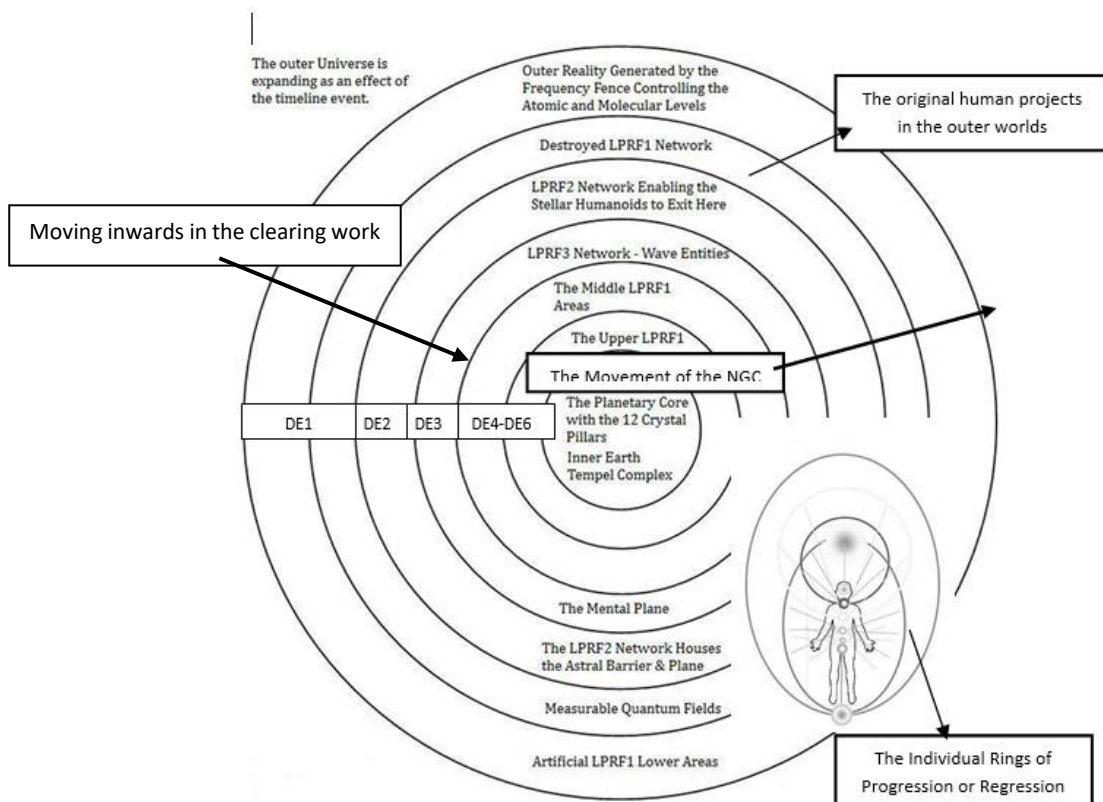
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The DE1-LPRF1 Reality Fields – the Foundation of the Artificial Energy Systems – Now Resetting

Our reality is surrounded by concentric circles of distorted energy. And then we have our outer world as well. From the earlier HAL material:



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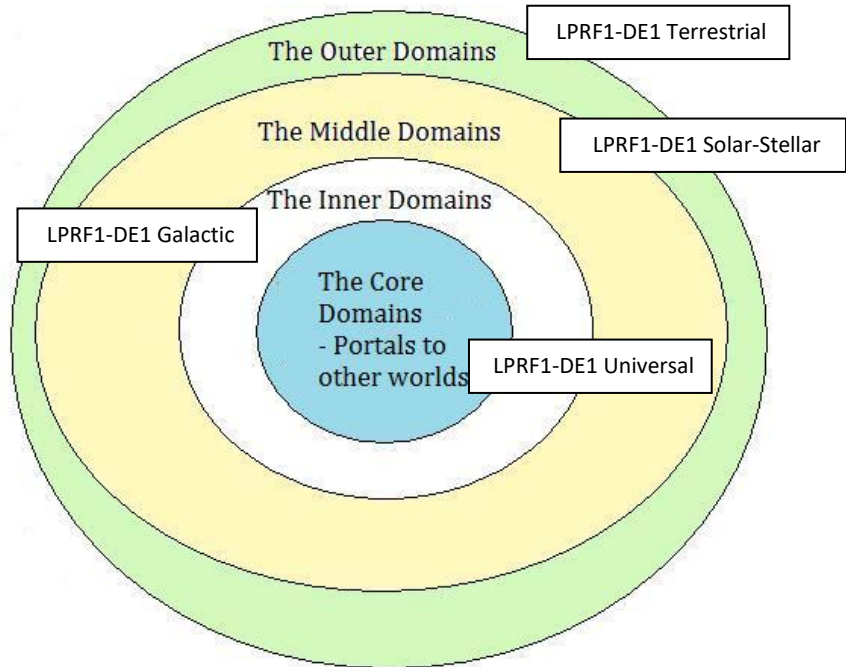
The Domains

The Core and Inner Domains permeate the Middle and Outer Domains as radiation and vibration.

All Creation unfolds from within and outwardly; not from the outside and in.

The Three Principles are the basis of the Core Domains.

The Inner Domains are the areas of the True Worlds.

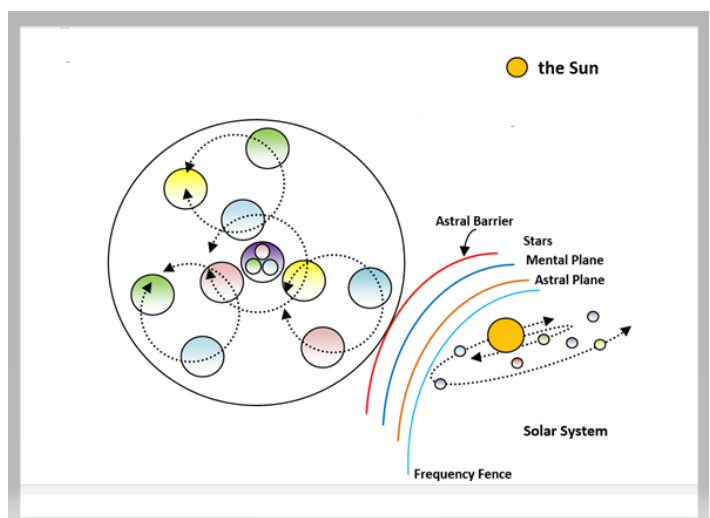


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The outer domain reality field is positioned as the holographic-energetic foundation behind the artificial reality, we call our solar system. Most of the holographic-energetic fields are positioned adjacent to our perception of reality. They intersect and interact with our world. Within these fields many different extra-systemic races exist, having a 4D or 5D vessels with their type of awareness and reality field laws, rules, and setups.

The Solar System, as we see it, is a remnant of the LPU after timeline event energies. It is kept in place by advanced technology, and is as such an artificial construction.

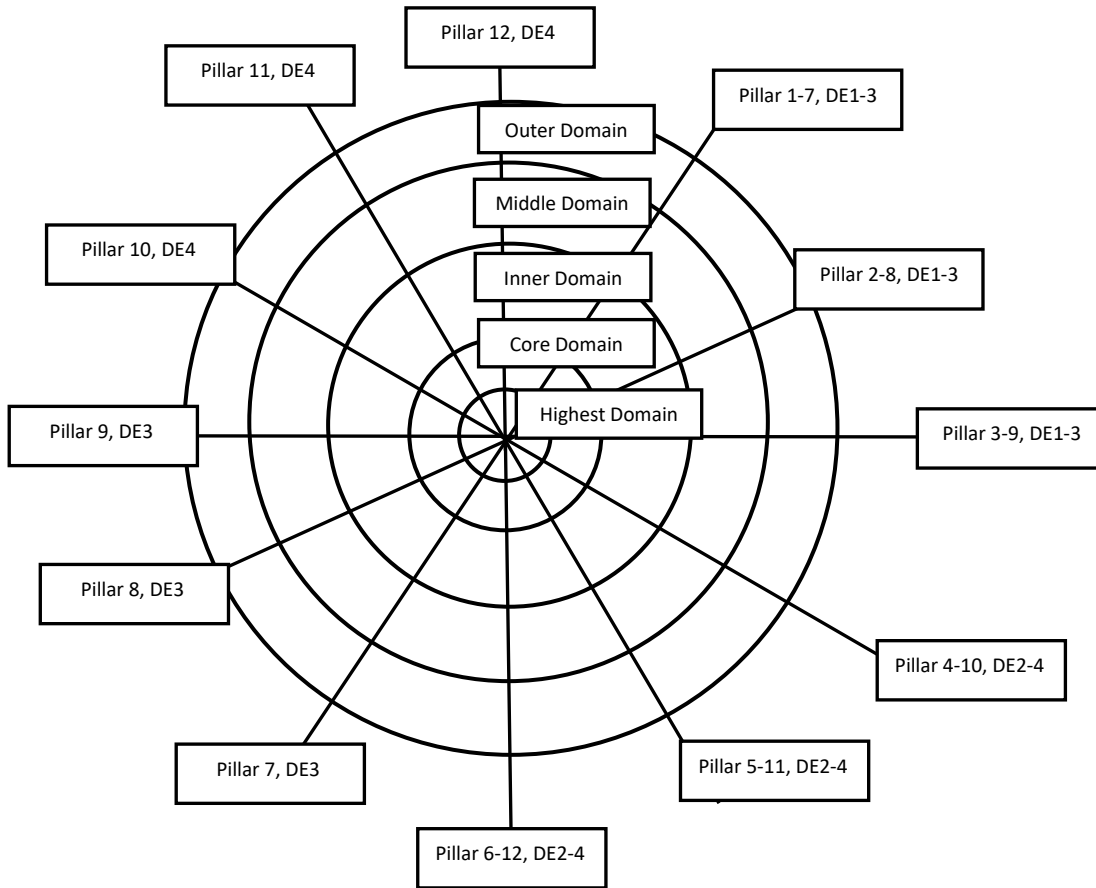
In our clearing work, we must clear the code sequences from our holographic energy system to be able to break free of the artificial timelines connecting us to the construction. The higher order senses play a key role in this work.



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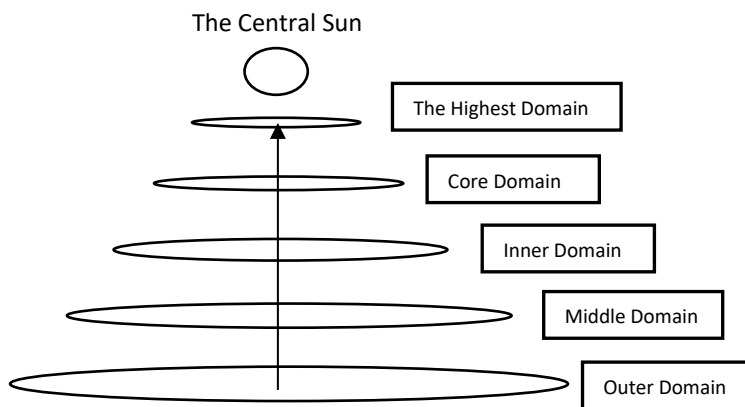
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The different universal lineages and the pillars were positioned in the domains on density 1-5, within 12 reality fields, in a ring set up, i.e. *the rings of progression*.



The pillars unfold as energy and consciousness, progressing within each domain, where different aspects are developed using consciousness units, the holographic-energetic construction (the energy system) along with the organic vessel. All within the respective reality fields, using the higher order energies.

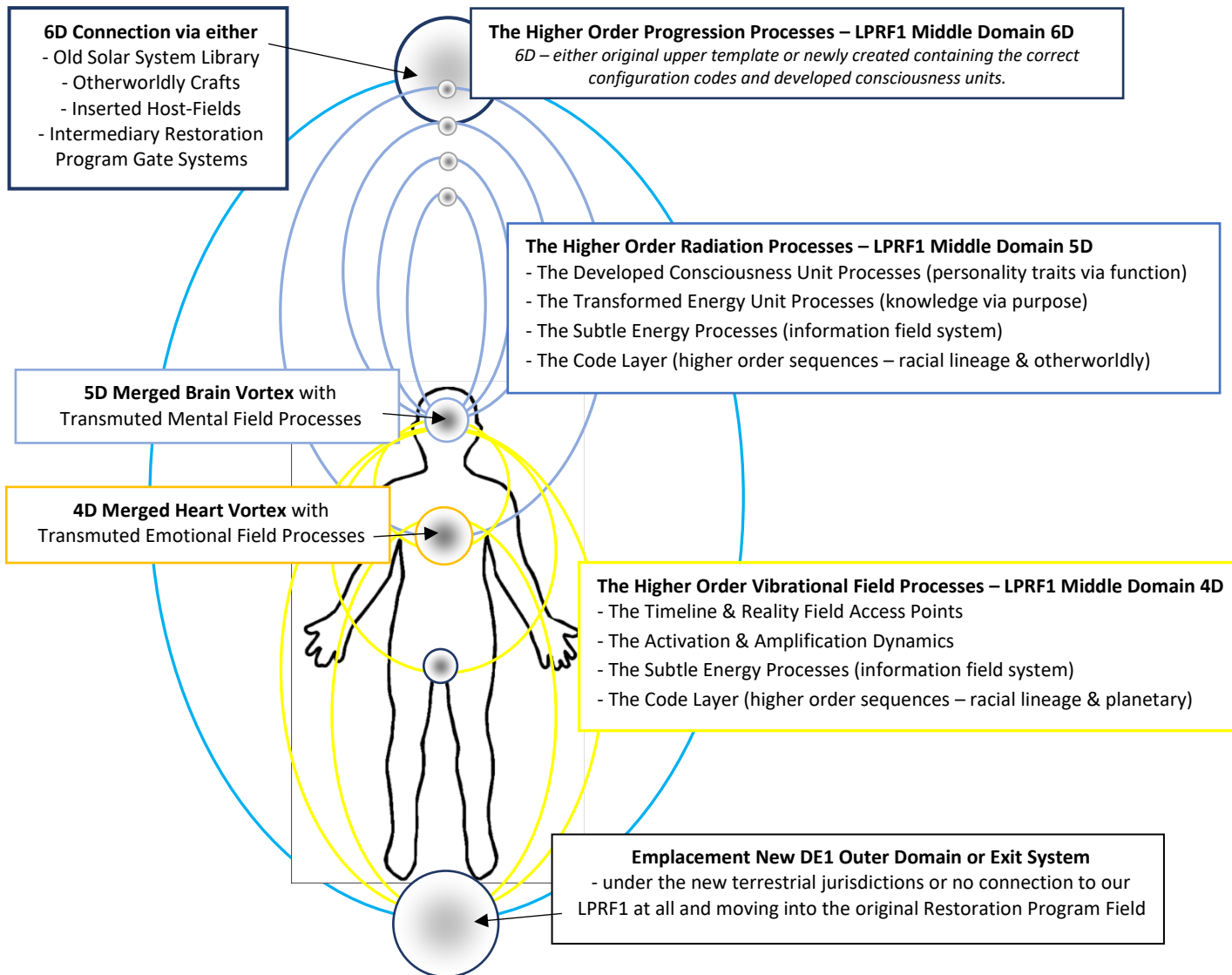
The Progression Spiral is composed of the domains, which constitute the rings of progression



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The Higher Order Transformative Energy System in the LPRF1-DE1-OD



The higher order energy system can be viewed as multilayered composition of several energy fields with different access points, energetic orientation and processes of consciousness and energy. It expands from the personal experiences into the reality fields of similar forms of energy fields and consciousness processes.

The Merged Lower Order Brain & Higher Order Radiation Processes

Transmuted Neuro-Electric Processes (biological and otherworldly) into expressing the functional CUs adapted to ego structure.
 Transmuted Neuro-Chemical Processes (biological and otherworldly) into expressing the lower and higher order knowledge.
 Transmuted Subtle Energy Processes (biological and otherworldly) into expressing the dual information systems.
 Transmuted Code Layer (lower order planetary and higher order otherworldly) into expressing the dual code layer systems.

The Merged Lower Order Emotional & Higher Order Vibration Processes

Transmuted Electro-Chemical Processes (biological and otherworldly) into incorporating timeline & reality field dynamics.
 Transmuted Nervous System Sensations (biological and otherworldly) into incorporating activation & amplification dynamics.
 Transmuted Subtle Energy Processes (biological and otherworldly) into expressing the dual information systems.
 Transmuted Code Layer (lower order planetary and higher order otherworldly) into expressing the dual code layer systems.

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The Build Up of the Interfered Energy System

1. The Original Transformative Energy System as shown above on page 4
2. The holographic overlay linking our Transformative Energy System & its template to the artificial 4D and 5D reality fields under the Colonizers and the fallen ones from Atlantis (shown on page 16)
3. The body elemental (Sirian A re-engineered TEG) linked to 4th cycle artificial programs
4. The chakra system and its inserted regressed genetics
5. The mental field (connected to the artificial 5D)
6. The emotional field (connected to the older grids that fell during the timeline event - “Underworld”)
7. The bio-field (connection points to the abyss aka the bridge between the quantum fields and the 4D)

The Individual Challenges & Clearing Work (Podcast 2)

The individual challenges involve the work with the lower order fields and how we can clear these to get to the point, where we can rebuild our higher order constitution. As long as we are trotting along in our human form, exercising our human will, mind and emotions, we will not get to the higher order levels in us. The higher order levels of us contain the consciousness genetics, the original template (Holographic-Energetic Architecture) and higher order energy system. These parts have been hidden from us. We are to figure out how to reconnect to the true parts of us and then put in the needed work to activate them.

Before we begin the bigger work, we need to arrange our everyday life to make room for the transition work. It is not possible to go on with business as usual, if we truly want to progress. The everyday life must change, because it is partaking in the distortion programs. Our choices must reflect the Principles, the Rules and the Laws and it is a given that we cannot sit on both chairs in this work. We must choose our reality setting. Either we are part of the base program and the normal human life, or we live according to the higher awareness and begin the journey to regain what we once were.

To get to where we can recreate all that we are, we must solve the puzzle of the in-the-way lower order fields, i.e. the electromagnetic controlled overlay of the bio-field and DNA, along with the emotional field and mental field that hold programming to fit us into the base program (aka the ISP). There can be more layers inserted, such as the chakra system, which is regressed Sirian A technology built for the intra-systemic lineages, and other layers we might have created over the span of numerous lifetimes. The lower order fields are inserted to block the higher order energy system from connecting to our organic bio-field and allow our own code systems to unfold, leading us back to the density energies we also are able to process and integrate.

Getting Rid of the Chakra System (Podcast 3)

The first step of getting rid of the chakra system, if we have activated this in any forms of energy work, is to clear out everything we created in our fields while working with the chakras.

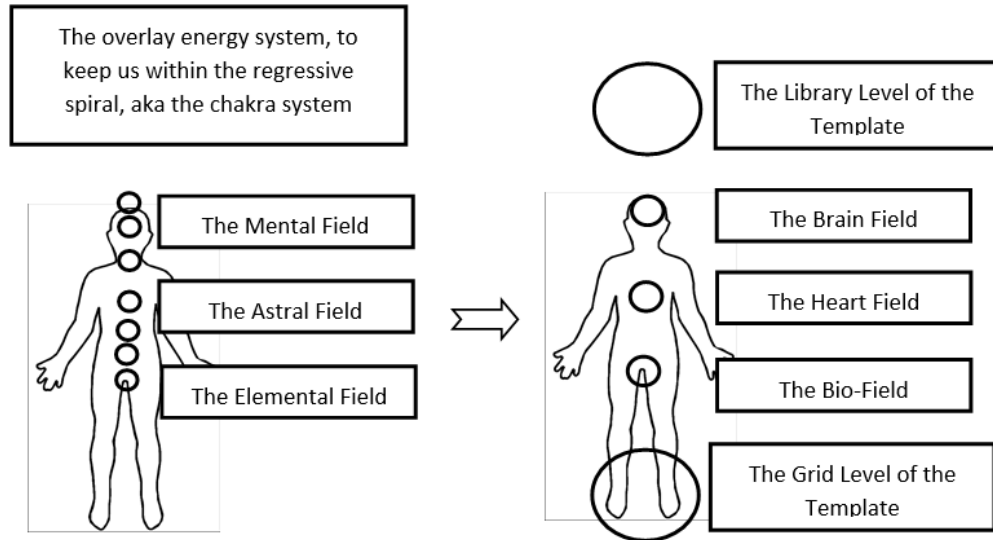
The Chakras hold Regressed Genetics Too

- The mental layer holds regressed genetics from the reptoid races.
- The astral layer holds regressed genetics from the avian races.
- The etheric layer holds genetics from the regressed insectoid races.
- The organic form holds genetics from the regressed mammal races, which are reengineered to respond to the chakra system.

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Removal of the Chakra System



The chakra system holds three layers within each chakra; i.e. the base of each chakra is the elemental layer (etheric), then follows the astral in the middle and finally the mental layer. The chakra system generates, and is part of, the lower order distortion planes.

(The Higher Order Senses Exercises Podcast 1-3)

The regressed genetics in the chakras were activated by the mantras and symbols that were used in the chakra activation work, linking the lower order fields up to the less functional programs. It was made this way, so if a human did get the idea of something higher and wanted to do the uplifting, the chakra system and programs would kick in and lead that human astray into the less functional programs and by that, prevent the true energy system from activating.

Once we have cleared out what we have built ourselves, via the less functional activation programs, we can begin the work with the three lower fields keeping us stuck in the base program, i.e., the Interactive Simulation Program (the ISP) and the I-cubes running this, controlling humanity, and creating the world setup we have today.

These layers in the lower order fields contain regressed genetics of a more complex variety and only if we activate them is it possible to clear them out. And that poses a danger, of course, given that we will get in contact with whatever they are tied into, their contributors, the artificial timelines and control technologies. But it must be done to get rid of our linkup to the regressed 4D-5D and the-there-present organic or holographic humanoids having their balls and chains on us.

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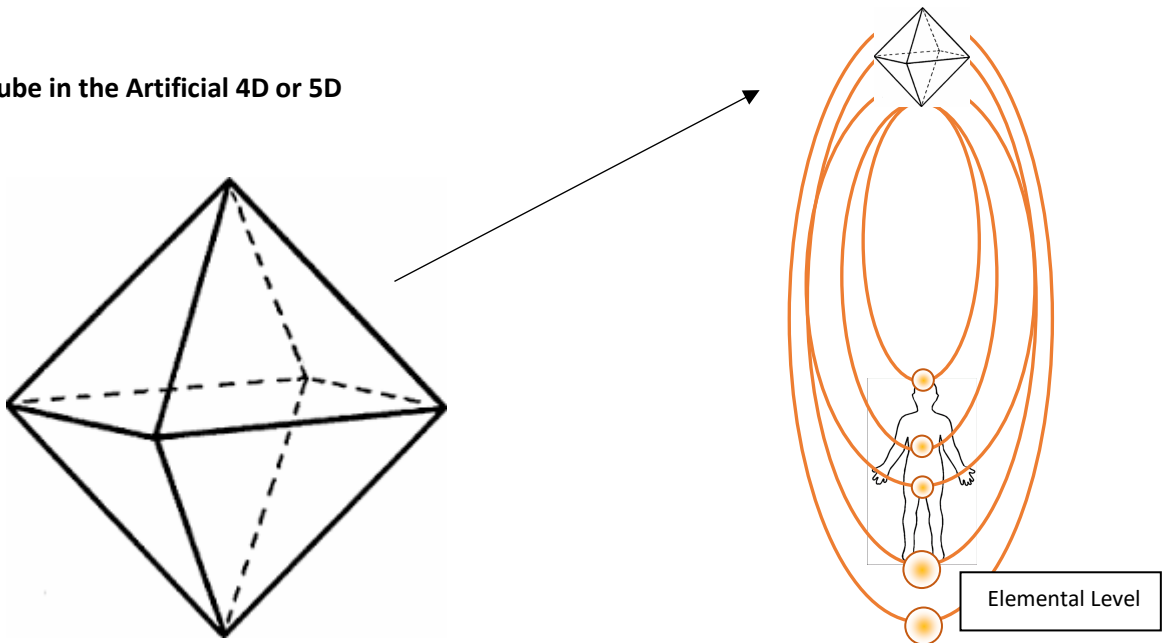
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The inserted regressed genetics are replicated genetics, mostly from insectoid, avian or reptoid humanoid races. Via the inserted genetics running our energy system, the humanoids have access to generate what they need of new code systems, develop timelines, and generate clones of us or whatever. Or just harvest the genetics, when they are ripe for trade.¹

All humans hold a variety of replicated genetics from more than one humanoid. The typical number is 3 to 13, but it can be more, all depending on which regressed program, that human is part of. Since the humanoids work on different levels of energy, it is not a problem for them to share the same fields of a human, as they shift in and out when the energies of our reality change during the hours of the day.

As explained in the AIT Advanced Clearing Work Material, we must clear out the old prohibiting technologies, the OWO Program Cubes, energetic parasites, and elementals in the racial grids to be able to release and transform the emotional field.

Program Cube in the Artificial 4D or 5D



Via the sciences behind the different levels and energies of the emotional field, the work gets more advanced but also in some sense clearer. The levels are to be worked with and transformed through the opposition dynamics of inner-outer interactive potentials.

The lower order energy system is a composition of the mental and emotional field processes, experienced via inner sensations and thought processes, transformed into constructions defining self, others, and reality.

¹ Most of this is happening during night time, when our body is out of function. Then our energy system gets transferred into the 4D facilities. All of this will become clear, once the sight is back. The back tracking – we follow the trail of the inserted genetics - is one of the techniques we need to learn to get rid of our clones there.

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The Energetic Parasites

An unfortunate side effect of the inserted regressed genetics is that they generate lots of energetic parasites in our fields. It is so, because the inserted genetics are replicas and impure.

Thus, over the course of the month via the joint time share of our organic vessel and energy system, as the regressed races run their merry-go-round of different energies to activate their selection of genetics, we get polluted with dissimilar energetic parasites.

These energetic parasites nest in our mental and emotional fields in the middle of the energy patterns, we have created in this lifetime and previous lifetimes.

From their nests in the emotional and mental fields, they can control our choices, what we think is the correct thing to do, all we perceive, all that feels important to us and what we want in life. Including the humans, we attract and events that come our way, which often are the cause-and-effect of the “parasitic calls.”

The psychological and energetic control, the energetic parasites have on us, is immense.

When we clear out the energetic parasites, quite a lot of what we thought were important to us vanish with them, along with a scale of irrational and non-constructive emotional responses.²

I highly recommend to do the HAL Advanced Clearing Work Courses 1-4 to understand this in depth.

The Personality Matrix aka the Ego (Background for the Podcasts 1-4)

The personality matrix is a product of the dynamics of the three lower fields, i.e., the electromagnetic mental field, the emotional field, and the artificial version of the bio-field. The three lower order fields were inserted to rule out our higher order knowledge and awareness capacities that could get activated, when and if, the original energy system, template and consciousness units work appropriately with the organic vessel and bio-field.

The personality matrix holds remnants of our original higher order capacities and self-reliance. These are mirrored in a lower order version in our psychological structure and behavioral patterns. Once we learn to work with our past lives, we will see a pattern of self within these as well. We can recognize ourselves.

Thus, our innate knowledge of how to do timeline and template work, and how to progress using energy and consciousness to do so, are unable to interconnect to and transform the bio-field, because of the lower fields and their blocking of the original bio-field, keeping it focused on the electromagnetic energies.

² How to remove energetic parasites and clearing of our energy patterns, are shown in the Basic Energy Work Class. The removal of the organic-holographic 4th and 5th dimensional entities are in the Advanced Energy Work Class. How to produce higher order energies are in the HAL Advanced Classes 1-2 and the Future Human Project Courses 1-4.

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The 3 Fields (and Vortices) that Bridge to the Transformative Energy System – Simplified Version.

Learn More in the Transition Science Courses 1-7 for the full understanding.

The Projection Field:

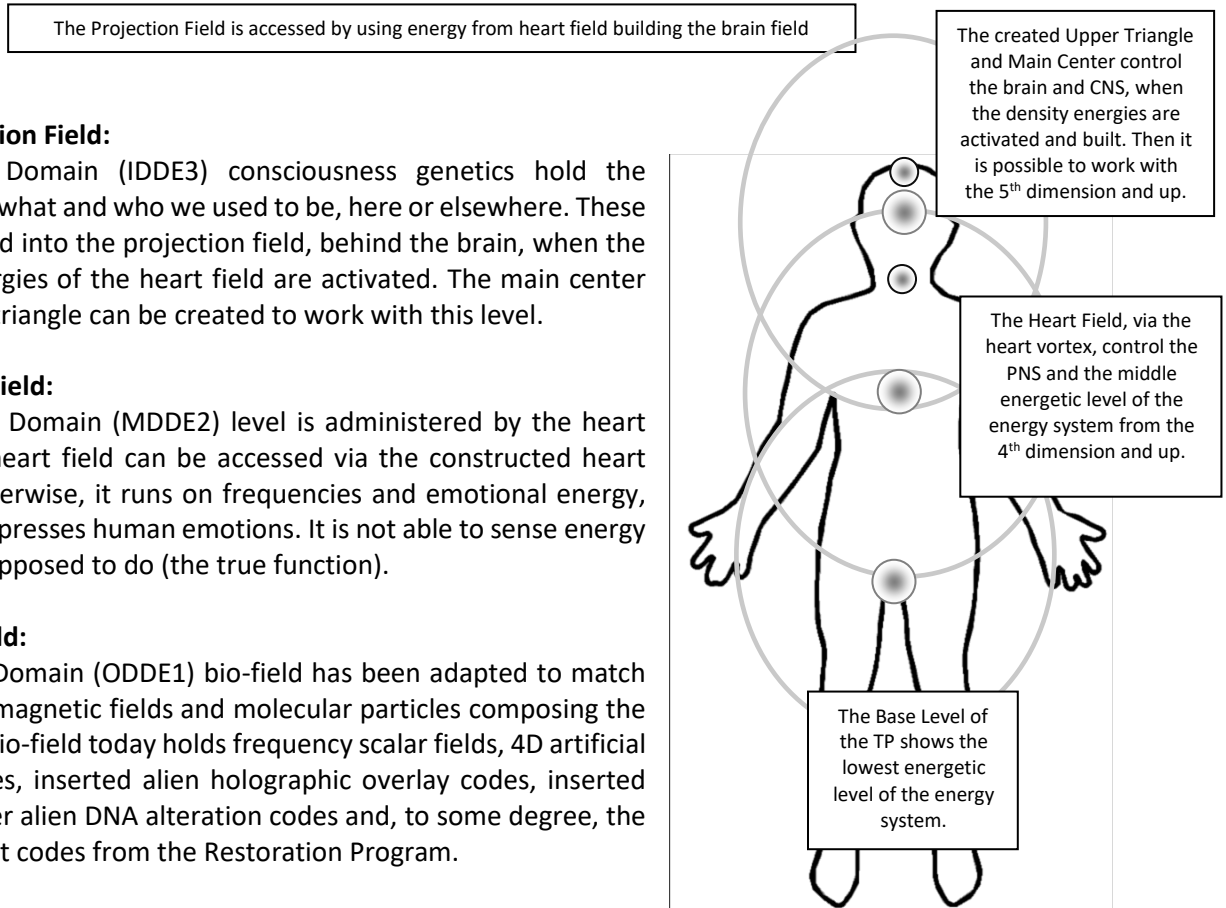
The Inner Domain (IDDE3) consciousness genetics hold the imprints of what and who we used to be, here or elsewhere. These are mirrored into the projection field, behind the brain, when the higher energies of the heart field are activated. The main center and upper triangle can be created to work with this level.

The Heart Field:

The Middle Domain (MDDE2) level is administered by the heart field. The heart field can be accessed via the constructed heart vortex. Otherwise, it runs on frequencies and emotional energy, and only expresses human emotions. It is not able to sense energy as it was supposed to do (the true function).

The Bio-Field:

The Outer Domain (ODDE1) bio-field has been adapted to match the electromagnetic fields and molecular particles composing the body. The bio-field today holds frequency scalar fields, 4D artificial reality codes, inserted alien holographic overlay codes, inserted old or newer alien DNA alteration codes and, to some degree, the releasement codes from the Restoration Program.



The higher order energy systems and the organic vessel with its three lower fields:

Higher Order Energy System – the True Human; Progressive

Consciousness units

Code sheets, configuration, and template

6D Energy system fitting the original solar system



Lower Order Fields – the False Human; Regressive

Mind-field to be altered into the 5th cycle brain field

Emotional field to be altered into the 4th cycle heart field

Bio-frequency field to be altered into the 4-5th cycle bio-density field



Organic form – Molecular

Bio-frequency matter is to be cleared and transformed by our activation of the higher order energy system, and then returned into density units, so far as it is possible, following the original ODDE1 settings.

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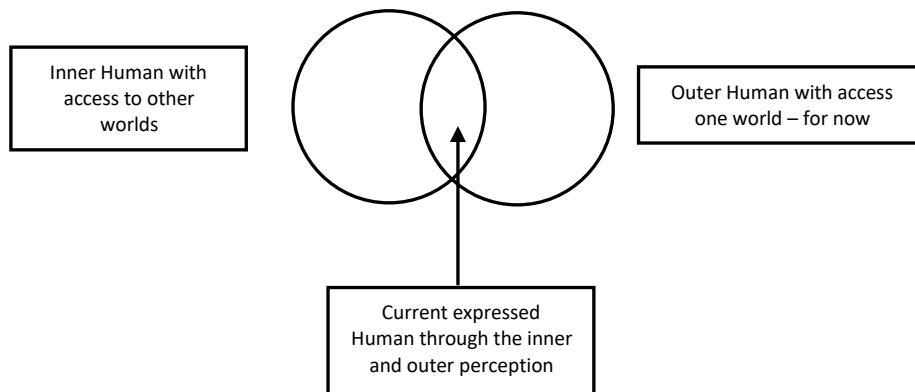
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The Inner-Outer Human Evolution

1. The understanding of self and our reality must change to be able to follow the incoming energies of the new grand cycle.
2. New perspectives must be offered so new purposes for the continued evolution of humanity can unfold, into which new business, creational and personal projects take part, together with a future vision from where the strategies can be defined to reach the goals.
3. Productive solutions and adaptable new ways of being human must be offered, showing humans as part of a higher order human race in a joint evolution towards a new reality, we will build using these new sciences and understandings.
- 4.

The Inner-Outer Human

A human is the manifested energy shown on three levels:



The inner-outer human is an expression of the interaction potentials governed by the Principles, the Rules of Engagement, and the Natural Laws of Energetic Utilization. These are the fundamental dynamics that ensure the highest purity rate, the highest standards, and the highest progression rate, from which we rebuild our progressive energy system. That is needed for the higher awareness to develop in us.

The correct clearing work thus builds upon the understanding of how to work with energy and how to transform the holographic code systems behind all lifeforms and systems of reality.

To move beyond this reality, the correct sciences of how we are constructed energetically, as well as how we change our energy system code configuration and vibrate our consciousness units into a higher order density configuration, are part of the higher order sciences needed to align energetically and consciously with the future realities and their worlds beyond our current system.

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What are the Higher Order Senses?

The goal of the contemplative and energetic-meditative inner work is to change the synaptic electrochemical processes within the neurotypical brain formation through the psychodynamic and the psychic-energetic transformative work. These processes involve the current life emotional-behavioral patterns and mental schemata, along with diverse inner-outer perception processes which, to a large extent, generate the conscious and subconscious currents of our everyday processes, perception of self, others, and reality.

Now, this sounds very complex and scientific compared to the old spiritual teaching systems that worked in a different way with the energetic content of our subtle energetic fields. However, these systems have their limitations, as do the modern sciences of the brain, our perception of the psyche and the human biology. At some point these systems have no further developmental potentials and, consequently, will reach their theoretical and practical boundaries all systems of thought, operating within rigid frameworks, have as an inbuilt condition.

So, how do we change the neurotypical psychological structure into operate and ignite the extra-sensory abilities of the psychic-energetic neurodivergent brain? Or maybe enable it to operate as a neuro-insurgent higher order systemic-energetic reality configuration, allowing us to perceive, alter and interact with the otherworldly realities?

We must step into the higher state of awareness to move beyond the everyday cognizant alpha brain wave state. In the higher state of awareness, we ignite the full potentials of the frontal lobes, along with the electrochemical processes within the gamma brain wave spectrum. In the higher state of focused extra sensory perception, we can explore what the higher order levels of reality are about.

At the other end of the advanced energetic inner work spectrum, in energetic-meditative states, we can utilize the theta brain waves to pierce the veil between our everyday cognizant processes and dive into the murky waters with their mythological creatures and other subconscious patterns - be it on an individual or within the collective levels of the subtle realities, permeating the subconscious segments of our individual holographic-energetic fields.

The higher order senses follow the higher order energies, just like our lower order senses were developed to work with electromagnetic energies. We can work with all versions of energy, low and high, if we develop and practice the higher order senses to detect, process and understand them.

The higher order senses are:

- 1) the higher order sight or inner seeing,
- 2) the higher order hearing or inner hearing,
- 3) the higher order tasting,
- 4) the higher order smelling,
- 5) the higher order tactile sensing.

The higher order senses are the higher order energy expression of the human senses. They are used within the higher order realities, when we expand our perception field into the other-dimensional levels of our reality.

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In the higher realms, they provide higher order perception and information processing on the different segments of the dimensions.

The higher order senses are utilized in the same way as our human sensing faculties. We see something or hear something on the inner planes of existence, aka the higher order realities.

The higher order seeing occurs through the mind's eye, similar to when we get visions or have dreams. The timeline work consists of visual information, mostly from existences on diverse timelines.

The visual cortex is the one that gets amplified energetically when we have visions, dreams or do the timeline work, and not the eyes. Therefore, part of our clearing work should focus on that area of the brain to enable it to process the higher order energies.

If we have an encounter, it is both the eyes and the visual cortex³ that are in play, although the encounter is not within our reality, but in the 4D or 5D. As we learn to work with the higher order energies, our eyes develop new abilities and then much more of our reality can be seen, as it appears in another dimensional forms of energy.⁴

The higher order inner hearing is mostly telepathic in nature, or it can be a vocal replay from a memory, or a timeline sequence.

The inner hearing is not identical with the outer hearing. When the humanoids talk to us – not telepathically because that is mostly sent as images and energetic information – but in vocal (speaking English or their native language) it is felt in the auditory cortex of the brain⁵ more than heard with the ears. It is so, because they talk within our sphere of reality and not from the outside. The sounds are energetic and thus only our auditory cortex is amplified.

The higher order seeing and hearing dependent on a developed brain field, since both utilize the perception field as the transmitter of energy from the other dimensions and into our physical brain, where the energies are transformed into information.

As we grow accustomed to sense within and the other realities being part of our perception field, we develop the faculties of tactile sensing, smell, and taste. The higher order tactile sensing occurs as we sense the other-dimensional fields, entities and humanoids entering *our expanded sphere of reality*. Our body will respond to their occurrence as if they were physically present, which they technically are, but in the 4D or 5D.

Higher order smell is interesting, because quite a lot of the 4Ds have a distinct scent to their organic forms. That other-dimensional scent will be there when they choose to enter our sphere of reality. Similarly, to when humans emit scents from their vessel.

³ https://en.wikipedia.org/wiki/Visual_cortex

⁴ The typical clairvoyance is mostly visual information from the distortion planes.

⁵ https://en.wikipedia.org/wiki/Auditory_cortex

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Higher order taste is fascinating as well, given that some of the regressed emit a sort of energy that gives a bad taste in the mouth or cause nausea, as if we have eaten something disgusting.

Scent, sound, and organic presence are waveforms of energy, being emitted from any organic vessel. Therefore, we can sense the other-dimensional races just as we sense other humans within our realm of reality.

We do not just see or hear other humans; subconsciously we sense the energy of others via the nervous system and the sensitivity of the skin. It is just our brain and our sensing abilities that need an upgrade to be able to function correctly on the subtle levels of our expanded reality.

The higher order sensing, smell and taste are used to determine what is occurring within our expanded sphere of reality. As it is with the experiences of disgusting smell, taste, and nauseating sensing of other humans, it is correspondingly with whatever decides to appear to us from the other realities. What feels bad is bad. But what feels good, is not necessarily good, due to the holographic cloaking technologies.

The Higher Order Developmental Processes Connected to the Higher Order Senses

As you will learn, or have learned, in the HAL Transition Science Material: In the work with the energetic-dynamic cycles of the concepts of spheres within spheres and probability fields we work with different dynamics that stem from outer and inner very subtle energetic influences. Via the energetic-dynamic work with the different spheres and fields, and their complex information systems, we expand our perception sphere of knowledge using these energetic dynamics. We recall the psychic-energetic sensing and higher order cognitive abilities as a 6-step ladder of perception dynamics to unravel the complex information system we are addressing:

- Linear psychic-energetic sensing and higher order cognitive dynamics investigating the item from the perception process of sequences of units (Step 1 of the perception dynamics).
- Processual psychic-energetic sensing and higher order cognitive dynamics investigating the item from the perception process of opposition dynamics (Step 2 of the perception dynamics).
- Systemic psychic-energetic sensing and higher order cognitive processes investigating the item from the perception process of synergetic dynamics (Step 3 of the perception dynamics).
- Information system psychic-energetic sensing and higher order cognitive processes investigating the item from the perception process of holographic dynamics (Step 4 of the perception dynamics).
- Coding and decoding psychic-energetic sensing and higher order cognitive processes investigating the item through perception processes of complex code information systems (Step 5 of the perception dynamics).
- Integrative psychic-energetic sensing and higher order cognitive processes investigating the item via replication dynamics (Step 6 of the perception dynamics).

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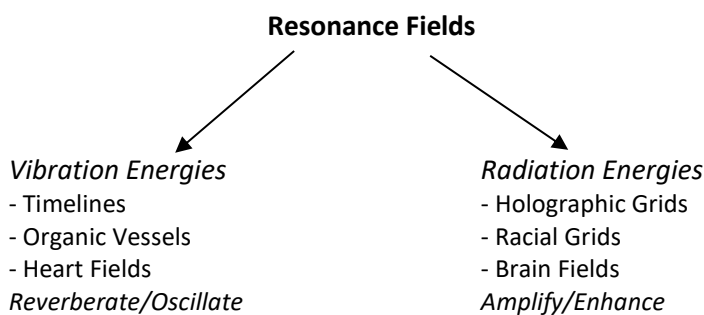
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Energy, Consciousness and Life

All there is, fundamentally speaking, is energy, consciousness, and life force. Nothing else. All universes are composed of these three components. Components that can be altered into smaller units, as for example the template codes, or stretched into a larger complex pattern composing an organic lifeform, a reality, or a solar system.

Understanding the Resonance Fields

All progression realities are organic and energetic in construction and are composed of density units (radiation), density energies (vibration) and density fields. All lifeforms are an expression of the radiation and vibration energies, and they all partake in developing the large energy fields providing the foundation of realities; i.e. the resonance fields. The resonance fields *reverberate* with the vibration energies, creating the timelines, the organic vessels, and the heart field in every lifeform, whereas the radiation energies *amplify* the holographic grids and the racial networks, along with the brain field and its consciousness units.



All progressive human energy systems and their realities are built of combinations of these forms of energy. Resonance fields are ruled by *energetic and genetic affinity*, which means that all density energies vibrate, radiate, and resonate with everything that is similar to them. These dynamics create *order, balance, and harmony*. Everything that is dissimilar, is repelled or evaporated.

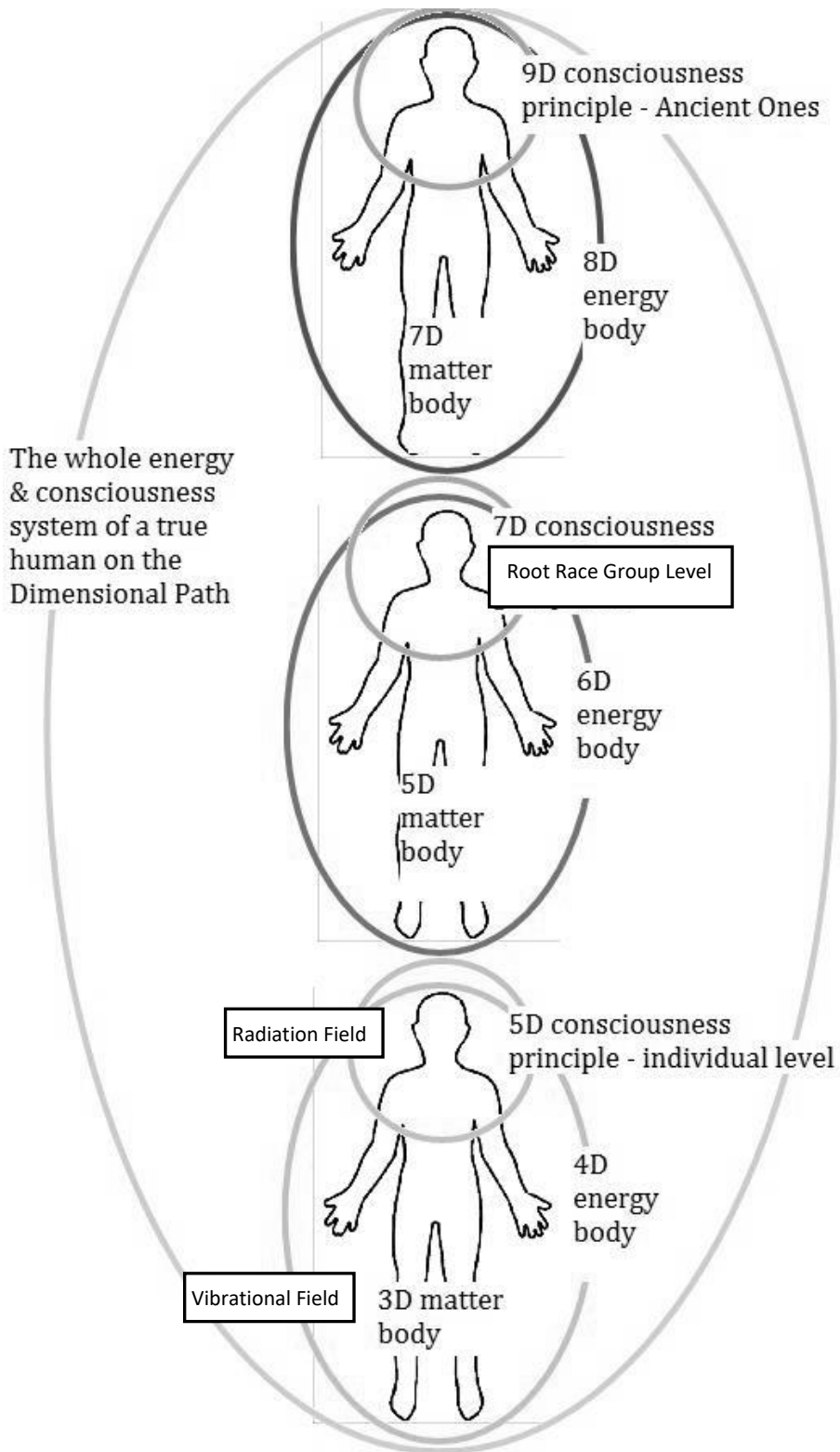
If the vibration energy cannot be aligned with an alien energy source, be it from a human or a reality, it repels the alien energy source.

The radiation energy responds in a similar manner. If the radiation energy cannot amplify the interfering energy, it evaporates the source of it.

Hence, vibration energy repels and radiation energy evaporates in the protective version and in the peaceful version the energies align and amplify (which is the true understanding of Principle 2).

This means that the progressive worlds cannot connect to us until we have transformed our energy systems to contain progressive energies. Otherwise, any encounter is repelled or even worse, our consciousness units evaporate.

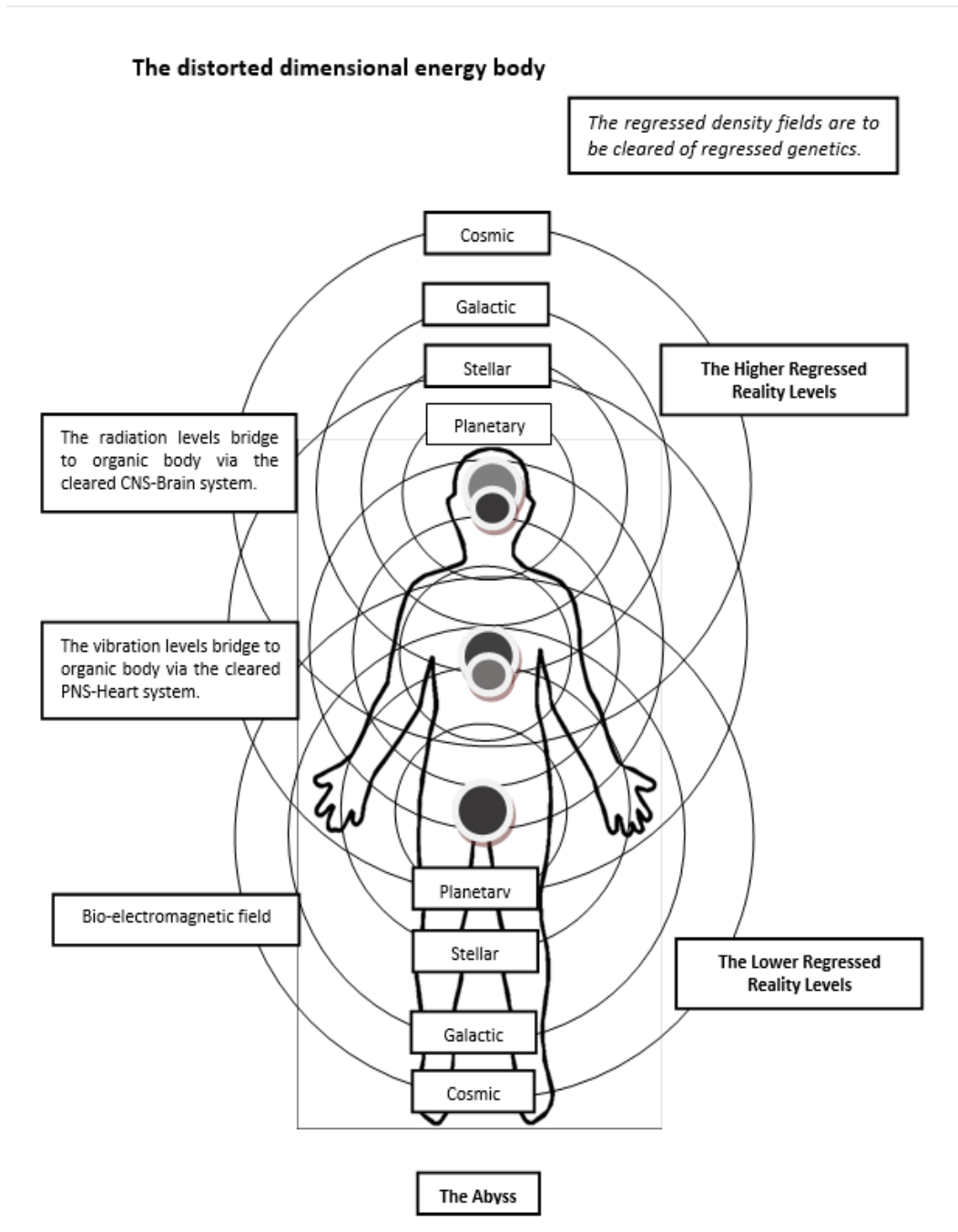
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The Holographic Overlay aka holographic insert that ties our full configuration to the distortion fields.



Shift of Perspective

The planetary, stellar, galactic, and cosmic levels are how they appear to us within the DE1 matter reality. These levels are remnants of the timeline event.

As we shift into the DE2 progressive awareness

- The planetary perception turns into a reality field understanding.
- The stellar level turns into a systemic understanding.
- The galactic turns into a holographic-technological understanding.
- The cosmic level turns into a core facility understanding.

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As we upgrade our energetic perception capacities, we get skilled in exercising *the double awareness*, i.e. we are doing the outer surface thing while being observant and cognizant of what is going on in the other dimensions connected to the area, we are in, or what is going on in the humans around us and in front of us. If we do that, we will get better at dealing with the jurisdictional challenges.

The Natural Laws administer the accurate use of the diverse forms of energy a world is composed of. This includes the Rules of Engagement to ensure the appropriate energetic exchange in all interaction in any inter-racial behavior, since every and all interactions are an exchange of information, energy and consciousness and thus a utilization of reality energy or human energy. How to do this in the accurate ways were merged into all progressive developmental programs.

The Artificial Reality Programs – Old Version and Insertions

Our planet, despite the many pictures from space, does as such not exist. It is difficult to explain but as we learn to understand how dimensions work, we understand that what we perceive and observe is determined by the energies we consist of. If we were 4th dimensional beings, the planet and space would look totally different.

