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# I · Dimensions - Walk with Me

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*“Attain the skill to wander between separate realities...”*

When you walk, do you ever pay attention to what you are doing or do you simply focus on your destination? There are keys embedded within the act of walking that, when put together, have the ability to dramatically shift your consciousness, enabling you to see the dimensional objects and entities that remain unknown to those who operate in a normal state of consciousness.

Dimensions are not faraway places; rather they are frequencies. All dimensions exist simultaneously within the same space. Some dimensions overlap our reality, and the only reason they are normally not experienced is because they exist at frequencies that our ordinary five senses aren't capable of detecting. A crude example would be ultraviolet, or infrared. Our eyes aren't capable of detecting those colors but yet they do exist.

By walking, you'll experience the landscape of this reality. By Dimension Walking, you'll explore a world beyond the five senses.

## **Objectives**

- Learn to use the act of walking to shift your consciousness.
- Learn to see and experience dimensional phenomena, to feel, know, hear, smell and taste something and to confirm they exist.
- Understand the importance of keeping a focused mind.
- Learn to become aware of your whole body's experience to collect data.

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- Learn to use the breath to control the brain babble.
- Learn to slow time and space with your mind, so that you can experience things that you were not aware of before.
- Train the mind to develop all of these psychic abilities.

### **Preparing To Listen**

Put this workbook down. Switch off your cell phone and any other distracting devices. Go to a place where you will not be disturbed. Listen to the module and then read the additional insights, practice the exercises and answer the review questions below.

**Ready... Set... LISTEN!**

### **Additional Insights**

- Thought is everything. If your mind wanders, you are not going to reach the state of consciousness that you want. You have to achieve it once so that you can recognize it and build up to something bigger and better. The idea is to consciously move through an environment in that state of consciousness. Then let it enhance itself to higher levels. That's what you're trying to achieve.
- Never put your hands in your pockets when you're doing anything paranormal or supernatural. If you're investigating haunted houses, ghosts, UFOs or anything else, hands are your sensory. You can feel with your entire body, if it's done correctly. Be aware of your entire body, how your entire body feels and what it's experiencing.
- Focus on the rhythm of the feet. It's the sound of the scraping of your foot hitting the ground that connects you with that state of consciousness. So, when you are walking, it is the rhythm of your feet scraping the ground that sends you immediately into an altered state of consciousness.
- Astral projection is another form of sensory whether it's eyesight, hearing, taste, touch or smell. The soul can never leave the physical unless the body is dead. The soul is so interwoven within the physical body that it goes beyond any form of explanation. It's like an interfiber that holds it in until there's a complete collapse of the electrical field

coexisting with it. That is really when your soul leaves the body but if there's any electricity or any energy left in it, it will not leave. So an energy probe is sent.

- With astral projection, because there are so many ways of projecting, it's very important to know the differences so that you can yield the most out of that experience and repeat it.
- Every single living thing on this planet must have confrontation or conflict or something to stimulate life or growth. Everything must have a battle to exist or a challenge to move to a higher progression.
- Déjà vu is the ability to foresee a coming event momentarily before it happens.
- The more knowledge you absorb, the more your Mandala expands. To recreate this at will, ask yourself, "What am I feeling right now? What are the circumstances of my mind? What are the conditions of my thought at this very moment that is making me experience this?" Then willfully push yourself to know more because now you are not overwhelmed by the excitement of it. You now have data to say, "I understand what's going on so let's try to experiment with it now in other ways."

## Exercises

- Watch the movie [The Philadelphia Experiment](#) (1984).
- You are striving to achieve a perfect Aum, which can only be done with a minimum of two people, but it is best with four. You are trying to achieve a ringing sound. When somebody is done, wait for everybody to finish before you restart. It's best to always breathe in through your nose. If you truly go into a good Aum, you won't even realize you're doing it. You're so entranced that it'll just keep coming out and you won't even know you have air coming out of your mouth.
- Do Aums before you go dimension walking. It will help you to shift dimensions faster. When you're with other people, it doesn't work as well. Never put your hands in your pockets. Hands assist your sensory.
- Relaxing and keeping your mind clear is a very important part of dimension walking. You should try to not have thought. It's almost like you're calmly waiting

for something to happen but without really feeling that too much. Your breathing should be extremely shallow. Breathe through your nose, very slowly and gently.

- Put yourself into a relaxed state, by breathing a certain way, feeling or invoking thought in a way, feeling the temperature of the air, and experiencing the environment and the air. Take your time. Spend half an hour working your way up to dimension walking. When you are walking, it is the rhythm of your feet scraping the ground that puts you into an altered state of consciousness, like a metronome. Do not give anything specific awareness. The moment you give it specific awareness, you fall right back down into a normal train of thought.
- Get close to a wall and just stare at it. If you stare at the wall, you're going to notice something. You're going to see dimensional energy – if you are in a shifted state of mind. It will look like static electricity on the wall, or a waviness of energy. The wall takes on a grainier type of energy, like there's a blue hue that's almost optically invisible. If you stare into it long enough, you'll start to see more complexities of the energy because your mind is switching channels. You'll start to see different things. After a while, you won't even see the hue. You'll switch to seeing little dots, billions of them. Or the wall might start to go three dimensional. It's switching frequencies. Blinking signifies resetting. This is nature's way of preventing you from perpetuating into this state of consciousness. If you stare, you'll go into a trance. You'll start to feel different. When you blink, it's nature's way of resetting the computer right back to the standard setting. If you start to move upward from 35 to 40, 45, 50, 55, 60, and you're thinking, "Wow, look at all of this!" Then you blink. It tries to reset everything to 35 again.

### Review Questions

- What is a mandala?
- What is dimension walking?
- What is the purpose of dimension walking?
- Is it better to go dimension walking in a crowd or to go alone? Why?
- Why do you need to slow down time and space with your mind?
- Is it easier to do dimension walking during the day or night? Why?
- What is reincarnation and how is it determined where you incarnate next?
- What is the purpose of conflict in our lives?
- What is happening physically to create déjà vu?
- What sensory can connect to déjà vu?