

Introduction to “Multidimensional Oneness”*

Awareness. This process can literally cause the very ground on which we perceive to stand, to shake, up to a point where there seems no way out of the rabbit hole. Once you’re in, you get sucked in deeper and deeper until you finally discover something that’s both immensely scary and utterly amazing at the same time: We will be able to finally grasp the simplicity of the complexity. We will become One with the All. Ultimately, what this book will do, is point further towards the reader finding questions within him/herself, as opposed to answers. In that regard, this book, just like my first work *Is Your World Flat?*¹ offers guidelines to a different lifestyle, due to creation and self-expression, in which questions can be formed within the reader, by which a process of awareness will start to take place. Where *Is Your World Flat?* ended with an empowering message and the tools to create the kind of world we wish to live in, *Multidimensional Oneness* will even further expand to ways of creating the most imaginative realities that can actually become true for anyone engaging.

Awareness, in this particular regard, can be seen as a vast unlimited mindset. Once a person starts engaging towards creating awareness for himself and/or his environment, one enters an upwards moving cycle which transcends a flat, polarised perspective into a multi-layered experience, where new ideas and belief systems overrule the ones we’ve been clinging to our entire lives, and have been deriving our identity from. This is a mind-blowing experience, not necessarily suitable for the faint-hearted. Many, if not all who have walked this path, at one time had thoughts of going back. Yet they found that to go back and find a way out of the rabbit hole, meant denying the true nature of existence, thus, of themselves. As our species holds one of many definitions of existence, this would be an impossible price to pay for humanity. *Multidimensional Oneness* brings order in this hectic admixture of information. Yet it does so, by presenting tools to help organise the overflowing minds, hearts and soul of those who enter, without taking away from the authenticity, complexity and multidimensionality of this material. From a spiritual practitioner’s perceptive, I have tried to incorporate quantum scientific findings into this process, because recent developments within the field of quantum physics regarding spirituality are absolutely astounding to me. Much of my information I have derived from searching the internet and reading quantum scientific transcripts. I found that by keeping an open mind and *deciding* that I was going to be able to grasp what scientists were talking about in their works, I actually could. And, within just a few hours, I had found several points from which to further take my own spiritual journey and build further upon my previous work.

I decided that this work was going to be different. As I matured, so did my awareness, and vice versa. Where my initial work was mainly designed to help people deal with unhealed parts that are bound to surface when engaging in this cycle in a practical sense, with this work I set out to create a bit more of a theoretical way to prolonging this process towards multidimensional awareness. When everything is a possibility, universality is a logical result that will enable us to transcend to an even higher plane, simply by using our human consciousness.

Chapter 1, “*Entering New Dimensions,*” forms a bridge between my previous publication *Is Your World Flat?* and this one, *Multidimensional Oneness*. It picks up upon a few of the basic pillars of the book and recaptures them in order to make a supple transition between two individual works.

Chapter 2, “*Q & A from Is Your World Flat?*” presents some of the most common questions I have received in response to the release of my first work. I found they also provided an excellent ‘catching up’ for those who have not read this work.

In Chapter 3, “*The Multidimensional Experience*” describes the possibilities and options of a multidimensional awareness, and what they could mean for the world we perceive. It teaches us how to make sense of many things within duality with seem unfair and senseless.

¹ *Because in this work there are many references to my previous publication Is Your World Flat? it is advisable to read this work prior to reading Multidimensional Oneness. However, the two books can easily be read separately from each other, and Multidimensional Oneness is written in such a way that the link between these two works are easy to grasp and obvious .*

Chapter 4, "*A Multidimensional Healing Method: Holographic Reincarnation Therapy*" introduces a technique used within holographic reincarnation therapy, the MESS system. It explains how the MESS system and MESS guidance can actually help us cope in the midst of overwhelming amounts of information presented to those who find themselves in the rabbit hole.

Be inspired!

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* "*Multidimensional Oneness*" is one of Usha Berfelo-Albjerg's new projects, that she is currently finishing.