

# MOVING FROM 3D TO 5D CONSCIOUSNESS

The 3<sup>rd</sup> dimensional level of consciousness (where we have been) and the 5<sup>th</sup> dimensional level of consciousness (where we are going) are exactly opposite of each other. The lower level of consciousness that created the perception of separation does not/cannot exist in the 5<sup>th</sup> dimensional consciousness of Unity and Oneness. Moving from one to the other is not always easy because one is turning their belief systems upside down. Moving from 3D to 5D consciousness is made easier by transitioning through the 4<sup>th</sup> dimensional level of consciousness where one can learn to walk before one learns to run.

