

MULTI-PLANE AWARENESS

As with the starting technique, "Multi-Level Awareness," a helper may be needed to assist you the first time through this exercise.

Always be ready to accept what you see and hear while using these instructions. This type of material is ENTIRELY NEW on this planet. You are here to learn, not to argue. When your higher consciousnesses teach, it is well to respond.

Sit in a comfortable chair, relax and close your eyes. Integrate by letting your head become full of light. Have someone direct you, or you may direct yourself, exactly as follows:

(If you are going to direct yourself, speak out loud.)

"Go to the Fourth Plane and find your Fourth Plane Consciousness. Go quickly now and tell me when you are standing before your Fourth Plane Consciousness."

When you have done this and tell your helper so, he will say,

"Look at the Fourth Plane Consciousness and determine whether it is male or female. When you are familiar with its appearance, ask the Fourth Plane Consciousness what its name is. If you cannot understand immediately what the name is, ask the Fourth Plane Consciousness to spell it."

Tell your helper the apparent sex and name of your Fourth Plane Consciousness. The name is not the same as yours. It will come clearly to you. It should be one name only. No need to strive for more. The helper will write down the name and sex for you.

When this is accomplished the helper will tell you,

"Now, go inside your Fourth Plane Consciousness. Just jump right inside your Fourth Plane Body. Become as one with it. Look out through its eyes. Tell me as soon as you have done this."

When you and your Fourth Plane Consciousness are integrated or merged as one, tell your helper so. You must be looking out through the Fourth Plane Consciousness' eyes. Do not proceed to the next step until you are able to do this.

The helper will continue.

"Look around on the Fourth Plane. Do not be surprised if each succeeding consciousness is larger and

taller than the preceding one. Do not be surprised if sometimes your other consciousnesses may appear to be of the opposite sex. 10

"Your Integrated Consciousnesses will now go quickly to the Fifth Plane. Tell me as soon as you are standing before your Fifth Plane Consciousness. Tell me which sex it is. Tell me what its name is. Now, go inside your Fifth Plane Consciousness and tell me as soon as you are integrated. Look out through the Fifth Plane eyes. Look around the Fifth Plane a short while."

By this time you have the idea and you can proceed quickly. If any difficulty arises in completing any part of the exercise quickly it is most likely that you need to turn on more light. Your helper continues, pausing after each sentence until you are finished.

"All of you go to the Sixth Plane and stand before your Sixth Plane Consciousness. Note its sex and learn its name. Integrate with it and look out through the Sixth Plane eyes.

"All of you go to the Seventh Plane and stand before your Seventh Plane Consciousness. Note its sex and learn its name. Integrate with it and look out through the Seventh Plane eyes.

"All of you go to the Eighth Plane and stand before your Eighth Plane Consciousness. Note its sex and learn its name. Integrate with it and look out through the Eighth Plane eyes.

"All of you go to the Ninth Plane and stand before your Ninth Plane Consciousness. Note its sex and learn its name. Integrate with it and look out through the Ninth Plane eyes.

"All of you go to the Tenth Plane and stand before your Tenth Plane Consciousness. Note its sex and learn its name. Integrate with it and look out through the Tenth Plane eyes.

"All of you go to the Eleventh Plane and stand before your Eleventh Plane Consciousness. Note its sex and learn its name. Integrate with it and look out through the Eleventh Plane eyes.

"All of you go to the Twelfth Plane and stand before your Twelfth Plane Consciousness. Note its sex and learn its name. Integrate with it and look out through the Twelfth Plane eyes."

You are now completely integrated with all of your Plane Consciousnesses. The name of your Twelfth Plane Consciousness is your "constant" or "spiritual" name.

Your helper continues.

"Look around on the Twelfth Plane and describe what you see. All consciousnesses should practice looking at objects or people in unison.

"Are other people there? (If not, "Go find someone.") When someone is near to you, call him (or her) over to you and tell him that you are integrated with all of the Plane consciousnesses. Ask him to help you by coming closer and looking into your eyes. Open your physical eyes and look at me. (Or around the room if doing this alone.) Now, you can see on the Twelfth Plane, and this, the Third Plane, at the same time. Your helper friend can look into your Twelfth Plane Consciousness eyes and see into the Third Plane. This is proof that you are totally integrated on all planes.

"Now, tell your Twelfth Plane helper friend that you are going to bring all of your Consciousnesses to the Third Plane. Thank him for helping. Acknowledge each request on the way down.

"All of the Consciousnesses come down to the Eleventh Plane. Now, all come to the Tenth Plane. All come down to the Ninth Plane. All come down to the Eighth Plane. All come down to the Seventh Plane. To the Sixth Plane. To the Fifth Plane. To the Fourth Plane. Now, right on down to the Third Plane."

You may notice a quite full feeling.

"Open your eyes and allow the integrated consciousnesses to view the room and other people (if possible) through your physical eyes. They may ask questions. Answer the questions out loud. When they are satisfied for the time being, close your eyes and ask to see out through the back of your head, out through the walls into the area around the building you are occupying. Ask to see further if you desire. This ability signifies that you have the integrated consciousnesses with you on the Third Plane."

Ask all of the consciousnesses to visit you often just as you will visit them. They must also visit each other often. When all are satisfied that they have been well rewarded for their important efforts, your helper will continue.

"Now, all of you go to the Fourth Plane. The Fourth Plane Consciousness will please step out.

"All of the rest go to the Fifth Plane. The Fifth Plane Consciousness will please step out.

"All of the rest go to the Sixth Plane. The Sixth Plane Consciousness will please step out.

"All of the rest go to the Seventh Plane. The Seventh Plane Consciousness will please step out.

"All of the rest go to the Eighth Plane. The Eighth Plane Consciousness will please step out.

"All of the rest go to the Ninth Plane. The Ninth Plane Consciousness will please step out.

"All of the rest go to the Tenth Plane. The Tenth Plane Consciousness will please step out.

"All of the rest go to the Eleventh Plane. The Eleventh Plane Consciousness will please step out.

"All of the rest go to the Twelfth Plane. The Twelfth Plane Consciousness will please step out.

"The Third Plane Consciousness will now descend rapidly down through the planes and come to the Third Plane body. Open your eyes. Welcome home."

You have been introduced to "Multi-Plane Awareness." You can do this easily now without outside help. Practice as often as you can. Spend more time on each plane. Become close "friends" with your higher consciousnesses. You may go directly to any one plane without bothering the others.

Then, invite them down between times to visit you. Start doing this when you are integrated (furnish light inside your head). Ask for a Plane Consciousness to come down by name or plane number. They will thoroughly enjoy this. Soon they will come of their own volition. They are most anxious to learn about Third Plane activities through integrated awareness. Remember, when you are integrated with one or more other consciousnesses, you can readily understand their thoughts and desires.

At this stage, you are among the most integrated persons ever to walk this planet.

Plan to practice as often as possible, while resting, working or playing. It will soon become second nature to do this. Notice your new mental and physical abilities. When you have a mental or physical problem, integrate (light in your head) and call on your consciousnesses to help supply an answer to your problem. They never miss. This is the way the Creator made you. Be whole, be perfect, be your true self.

You know your constant name. Think of yourself as that name. You are now able to ask and see into the future. There are no secrets in the physical creation withheld from you. Ask and you shall receive and know. You are free.

(Write and ask for additional copies of the above techniques. Stamped, addressed envelope appreciated. William Swygard, P.O. Box 3510, Miami, Florida 33101.)