

## ***THE SEVEN PLANES OF EXISTENCE***

There are Seven Planes (or Realms) of Existence, which is the philosophy and awareness of all of Creation. All Planes are equal aspects of this Divine understanding of Creation with different frequencies and atomic movement. They exist as part of our bodies to bring harmony and support. They also exist outside of our bodies. As within, so without. Everything is interconnected.

In ThetaHealing ®Technique, the 7<sup>th</sup> Plane awareness is the Creator/God/Source/All-That-IS/Ever Presence. ITs limitless 'expression' flows through everything as Unconditional Love. It is the healing energy of instantaneous change.

We are all sparks of God; no matter where we are, Love exists... through all Planes. At this 7<sup>th</sup> Plane reality, there are no opposites, comparisons, fears, hatred, hierarchies, duality, suffering, death or illusion. IT just IS.

At this time, we have the opportunity to work consciously with all the Planes. Every Plane brings forth the ability to heal and to spiritually help us grow. Every healing modality and healing practitioner taps into different Planes. But not all are aware of remembering their connection to the 7<sup>th</sup> Plane.

Our beliefs, which are on 4 distinct levels (core, genetic, history and soul), create an illusion that we are separate from Creator-of-All, the Planes of Existence, and from each other. It is our journey and reawakening to remember who we are and who we are truly meant to be, our connection to ourselves, to each other, to all realms of creation and to All-That-Is. We do this through focused thought and clearing the limited beliefs and perceptions.

ThetaHealing® Technique brings us the opportunity to reawaken and remember this connection, to help ourselves and mankind evolve in the highest and best way.

Since each Plane has an increasing movement of atomic structure, and our human body vibrates at a certain rate, if we travel to or do healings from a particular Plane, it can make it difficult for the body to keep up.

**By working at the 7<sup>th</sup> Plane first, this:**

- \* eliminates ego and sickness
- \* is without dualistic perception...it's unity and unifying
- \* eliminates fear
- \* is beyond death
- \* allows us to witness healings w/o distress or hardship on our body
- \* allows us to know the Highest Truth
- \* aligns us to travel to any Plane so that we can move between the Planes with consciousness and communicate with physical elements.
- \* stops us from being committed or obligated to the laws or rules of other Planes of Existence

**Five of the Planes of Existence have veils between them and are divided into degrees, systems and numerous sub-categories:**

**The First Plane of Existence:** is where slow moving atoms come together to form molecules of non-carbon based matter—minerals, gems, rocks, crystals, soil. This is the Mother Earth power.

**The Second Plane of Existence:** is the first time the molecules coalesce with carbon. This Plane includes Organic matter-- herbs, trees, vitamins, viruses, bacteria, mold, yeast, and fungus and the earth spirits who protect them.

**The Third Plane of Existence:** is an illusion, the reality being what we, as humans, create in it. It is playground to work with emotions, passion and creative thought forms. It is a place to learn to control our thoughts and master our fears. Our fears are the only thing that keeps us thinking that we are bound to this illusion and feeling separate from All-That-Is. Animals also exist on this Plane.

**Between Third and Fourth Planes:** is where waywards (discarnate spirits) can get "stuck" between the Earth and the electromagnetic grid/energy

**The Fourth Plane of Existence:** is the Shamanic plane where totems (animal spirits), shapeshifters, ancestors' spirits reside and some guides. Many limiting belief systems come from this Plane—of sacrifice, suffering, trading away, egotism, punishment, and the need to die to evolve.

**The Fifth Plane of Existence:** is the astral plane based in dualism--of both love and fear, where the battle of good and evil (or extreme adversity) is fought and replicated on the Third Plane.

It is a very divided realm with a clear separation between the "Upper" (loving, high vibrational beings) and "Lower" aspects of this realm (Demonic realms). Along with similar belief patterns as the 4<sup>th</sup> Plane, there are beliefs around battling evil, needing to be alone to be close to God, and proving oneself to God.

**The Sixth Plane of Existence:** is non-dualistic, pure Truth and accountability. It includes billions of Laws of Creation with the 'fabric' being light and sound.

The more people tap into the Group Collective Consciousness to witness change at the Seventh Plane, the easier it will be to shift human consciousness. We can evolve together and have instantaneous healings all the time.

The Advanced and Planes of Existence Workshops delve into expanded details about the Seven Planes of Existence. The Advanced workshop will also assist each student to clear the beliefs and programs that keep them bound to the rules of the other Planes. The virtues, which help us evolve spiritually, are given as Creator's teachings (downloads) to every student. True freedom and unconditional Love becomes awakened by staying present in Creator-of-ALL's energy.

With care and love,

*Judy*