

You Are the Bridge
Peggy Black and the "team"

1. We are here, honored to be available in service as well as to acknowledge you for your service to this incredible shift in vibrations and dimensions. We acknowledge your courage always, and your willingness to experience this intense, dense, dysfunctional dimension of polarities. It is you who are bringing the changes to the collective consciousness.

We observe your expressions of joy at the beauty of this dimension; we also observe the constriction and the physical, mental and emotional pain you experience while in this dense form and slow vibration. We acknowledge the dualistic nature of your experience.

As we have stated many times this physical life is only one small aspect of what you truly are as a multidimensional conscious being. It is an important aspect in the sense that you are a part of the transformation team here to uplift this reality.

Your physical experience is offering you the opportunity to shift whatever is before you. It is through your personal willingness and your awareness that you are the alchemist, that you have the ability to transform dense vibrations. These are the dense vibrations that you feel within the human experience.

Every time you purposefully alter the vibrations that you are sending into the collective field, you are supporting and assisting humanity in its ascension to the higher dimensions of perceived reality. Every time you hold the dualistic nature of this perceived reality in a place of precise balance, you are anchoring a new paradigm.

Remember when you can shift from the dualistic mind, centered in a place that is neutral you will know without effort and you will be flooded with a true perception of all realities. It is in the neutral, centered and balanced place that you bridge all dimensions.

Let us assure you that what you observe as reality is extremely limited and continues to be held in place by conditioned beliefs, mental programs and a puzzling paradox often called the veil of forgetfulness.

It takes courage to choose to become a dense physical form, unaware of its own magnificent abilities. However, in this willingness to experience the density of unconsciousness as human, when you begin to observe your actions it is the gift of your divine unfolding. It is through your awakening to the truth that the suffering and struggle becomes yours to transform.

This ability to view your reality from a higher perspective is what we continue to acknowledge, the ability of the alchemist to transform. It is because you are personally shifting each event and every experience from your higher knowing and higher vibration. And as you offer this service from your individual discernment and mindfulness, there is an offering of renewed and uplifted vibrations.

The collective consciousness as a whole is being uplifted each time one individual adds a more

coherent, heart conscious vibration and action to the field. Consider this for a moment, your physical body is most comfortable in the polarized third dimension, the intelligence of your brain is most comfortable in the duality of the forth dimension and your heart's intelligence is most comfortable in the frequency and vibrations of the fifth dimension which is not limited by duality.

This is your assignment as a starbeing of the highest degree, to own that you are here to transmute this vibrational reality and shift this dense third/fourth dimension into its next evolutional movement by ascension to the fifth dimension.

Realize that the dimensions are nested much like the nesting dolls one within the other. The dimensions are not out there somewhere; they are layered as it were, offering a new set of experiences and possibilities.

Each dimension is simply a different vibration. All dimensions are available; however if your personal vibrational field is dense and heavy with unresolved emotions and thoughts of limitation, or the seesaw of duality, you will not experience the other dimensions. They are a frequency that is, so to speak, out of your range.

There are colors that your physical eyes cannot see and it takes special equipment to observe these higher spectrum vibrations. There are sounds that are unavailable to the human ear, and again there is equipment that makes these sounds available. It is all about vibration; it is all about frequency.

The dimensions are the same; they resonate at a different and higher frequency. What is occurring within the matrix of humanity's consciousness is that more and more individuals are beginning to experience subtle and unusual shifts in what they observe. They might even shake their heads to try and restore a familiar reality or even ask the question "What was that?" This is especially true for the individual who has no framework or awareness that their day-to-day perception of reality is only a small fraction of what is taking place.

Imagine for a moment that the human is like your radio; each station or frequency invites one type of music. Most people never move the dial to explore the other signals, the other connections, the other forms of energy and data. Their focus and experience is limited to what that one station or frequency provides, what information that one vibration offers. A human who is aware of their multidimensional self is able to move the dial from one station to the other with ease. They allow for more stimulation, more information and a broader spectrum of consciousness.

Your state of consciousness is always in flux; there is an ebb and flow between levels of consciousness, between the mind and the heart awareness. We are acknowledging that many who are reading our words are realizing and discovering that they are frequently bridging two or more different states of consciousness or straddling multi-realities.

Welcome these aware moments. Remember that you are being invited to expand fully into your true potential, allowing this dynamic interactive energy and aspect to come forth. Play with these

possibilities. Remember that you are in charge and you are free to travel to other realities and dimensions; it is just a matter of where you place your attention and focus, understanding that your heart is a portal, a doorway to travel.

Remember that energy follows thought. Begin to shift your thoughts and shift your emotional vibrations. Put aside your doubts and limited programs and any beliefs that might hinder your freedom. It is these doubts and limited beliefs that would keep you anchored to only one reality.

It is often easier to shift and perceive another dimension or reality when you are quiet and away from the stimulation of your physical focus. Often these shifts can take place when you are in nature and your active mind is at rest, or perhaps when you surrender while listening to a selection of music that opens a portal or doorway inviting you to slip gently into another dimension. That portal or doorway is often available just as you are falling asleep or even upon awakening. Many are experiencing other realities which they are still calling dreams.

Being present in your heart center, as well as meditation, quietness, the creative expression of painting, chanting, drumming or movement will often bring an altered state of consciousness, in which there is a shift in the perception of time and the solidness of your existence.

It is in these shifts that you begin to realize you have perceived another reality. You have moved the veil of your awareness allowing yourself to flow; you have moved the dial, which allows you to experience another dimension of reality, to sense more colors and hear the sounds and see the images offered by this fluctuation in vibrations.

The key is to acknowledge that you do this often throughout your day. We are just inviting you to begin to own and recognize when you shift dimensions, when out of the corner of your eyes you see something or even feel some unusual energy as you move about your activities. The more you acknowledge, welcome and invite this expanded unfolding, the more it will be available.

Your present, limited, dense reality is changing; it is morphing with increasing speed; time is accelerating; the nested dimensions are available to those that invite and allow. It will serve you to begin to welcome your awesome abilities to experience the other realms of energy, vibrations and consciousness. This is ascension, realizing that you are not your physical form, you are pure divine energy, pure divine consciousness that just happens to be dwelling in a body.

The reminder that is being offered is the awareness that you are not alone and that you can easily connect with the non-physical support systems, the realms of light and the frequencies of multi-dimensions. You are the bridge, the bridge of consciousness between the physical and the non-physical dimensions.

Practice allowing yourself to observe all that is occurring on your planet without judgment, knowing it is all an aspect of the polarities. Express and hold the space of gratitude and appreciation for all that is unfolding. We offer our gratitude and again acknowledge you for your role in this awesome evolutionary shift that is taking place. Know that you are loved and supported by the realms of truth and light. the 'team'

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