

The 7 Dimensions

In this chapter, Creation is pictured as a construction of 7 dimensions. The term 'dimension' is a geometric, scientific term. The cosmic realities described here include much more than the realities that science is focused on today. In this chapter the general characteristics of the 7 dimensions are portrayed.

Degrees of energy

We can describe Creation as a composition of different kinds of energy. The word *energy* covers a lot of concepts. Energy is power, charge, load, potential, vibration and movement. Everything is energy. Light is a form of energy. Wind is a form of energy, and so is electricity. Our breath is a form of energy and the love between two people can be seen as a play of energies. Our thoughts and emotions as forms of energy. Matter is also a form of energy (just very slowly vibrating). In every particle of matter there is energy. Thus, there are many forms of energy, ranging from very 'high', fast, intense forms of energy to 'low', slow, compact forms. The sun has a very high, intense energy and a piece of stone has a very low, compact energy. Creation is a layered system of different 'types' of energies, of different qualities and of different frequencies.

Creation starts from a Divine Origin. We can imagine this as light, or energy with a very high frequency and intensity. From that Origin lower/denser forms of energy emerge. This is done in 7 steps (7 'days' in the Biblical story of Genesis). In every step a reduced form of light energy is created. The physical dimension (our world) is the final stage of a long process of Divine creative actions (Ch3-Ch16). Our physical world is basically 'solidified' light energy. Besides the physical world, there are 6 other 'worlds' of higher energy frequency, that together form a system of 7 dimensions.

7 dimensions - 7 layers

Creation can be divided into 7 dimensions. They are 7 'areas', 7 layers, each with their own character. They are unique in their own nature, but they exist by virtue of their mutual energy exchange. The 7 dimensions exist (at the same time) within one another. Their names are (from high to low):

Mahaparanirvana

Paranirvana

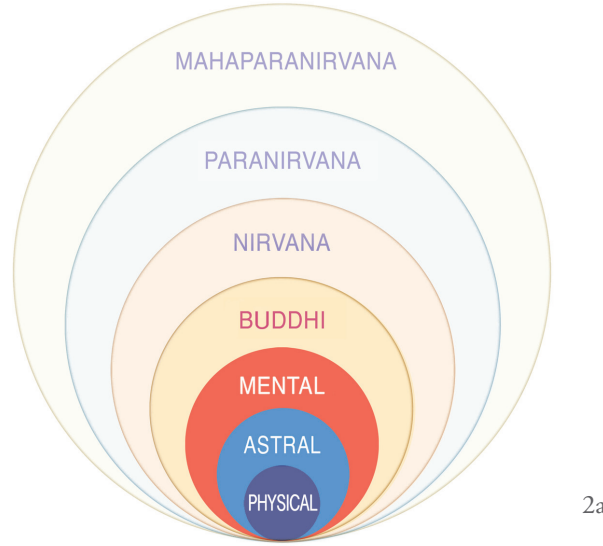
Nirvana

Buddhi

Mental

Astral

Physical

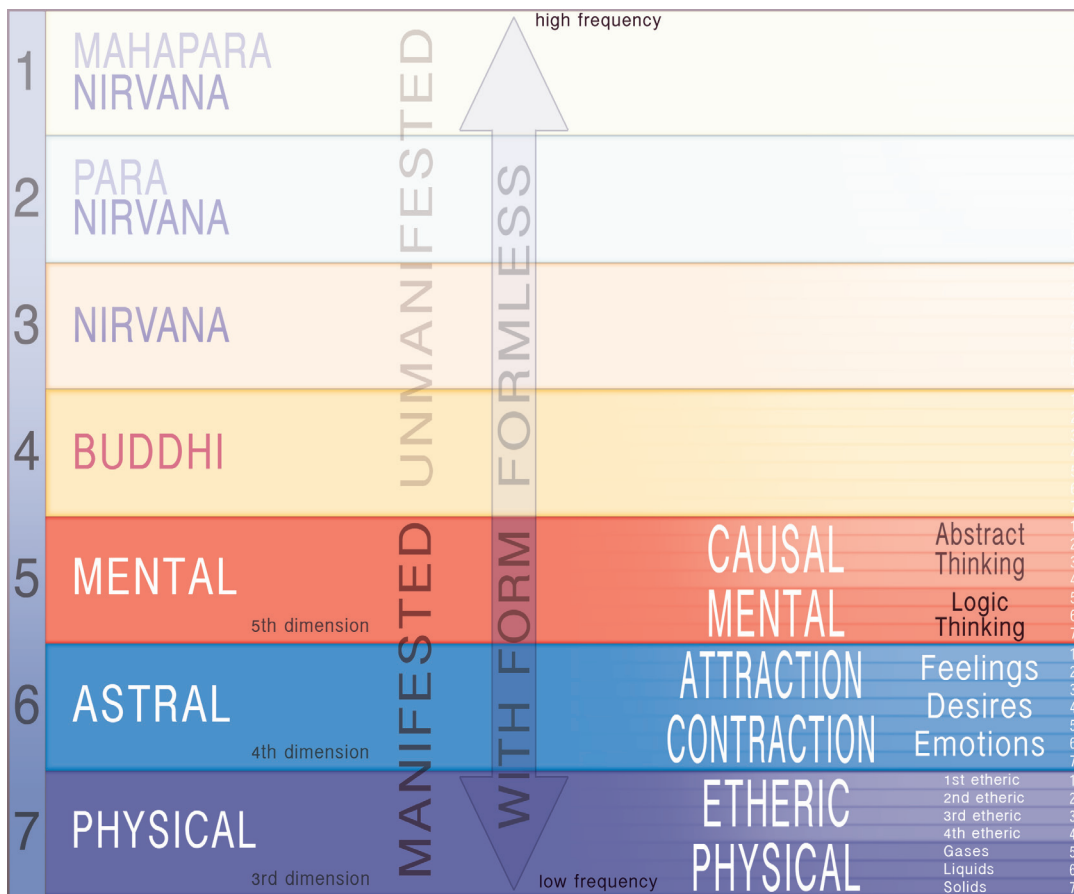


2a

Diagram 2a is a schematic diagram of the 7 dimensions. The names of the higher dimensions are Sanskrit names (Ch2.4). In the largest dimension is the highest frequency of Divine Light (energy, power) and all lower dimensions are contractions or condensations of that first Light energy. The lower dimensions emerge from the higher dimensions. The physical dimension is the slowest and most crystallized form of energy. In the next chapter, this 'contraction of energy' will be explained. The physical dimension is our world of matter, of solid forms. The astral dimension is the dimension in which we experience our emotions. The mental dimension is the dimension in which (by which) we think. The higher dimensions, which embrace the dimensions in which we live, have a very high frequency. Our everyday consciousness is not focused on these higher dimensions. In paragraph 2.4 they will be further explained.

In Diagram 2b the 7 dimensions are shown as layers stacked on top of one another. The top layer consists of the Divine Light Energy with the highest frequency; the lowest layer is solid matter with the lowest frequency. In this chapter we will describe the dimensions as layers because we can think easily in this graphic concept (high is fast and low is slow). But actually the dimensions exist *within* one another (Ch3). The dimensions exist within each other and we experience them *at the same time* (Ch4). To get a functional picture of how the dimensions work and how the Divine Energy flows *through* the dimensions, the diagram of 'stacked layers' is used in many chapters. The stacked layers diagram is a 'masculine' way of looking at the dimensions (structure, order) and the dimensions within one another is a 'feminine' way of looking at the dimensions (the experience of it). Both ways of looking at Creation will come back in many chapters (Diagram 2j - page 42 - is a combined picture of these ways of looking at the dimensions).

Each dimension has its own atmosphere and character. The dimensions are worlds in themselves. On the right side the connections between humanity and the 7 layers is shown. The lowest dimension is the Physical, the 3rd dimension. This is the layer in which we live, in other words, *where our consciousness is focused*. The 3rd dimension is composed of 3 units: length, width and height (hence the name).



2b

This dimension exists *within* the 4th dimension. The 4th dimension is the Astral. We cannot *see* the 4th dimension. It is 'faster', higher in frequency. We experience the astral dimension in our emotions, in our imaginary life (movies, daydreaming) and when we sleep. The 5th dimension is the Mental. This is where our thoughts are formed (Ch4). The lower 3 layers are the **form-worlds**, the form dimensions. The higher layers are the non-form-worlds, also called the **worlds of Light**. The form-worlds exist through a constant supply of energy from the worlds of Light (Ch3). In esoteric terms, we speak of the **manifested** and the **un-manifested**. The manifestation emerges from the un-manifested.

Each layer in itself is divided into 7 sub-layers. The physical dimension includes 3 sub-layers: solids, liquids and gases. These are the scientific names of the physical regions. Already in this small part of the diagram we can see that we are dealing with a system that increases in vibration, in 'speed of energy'. A solid substance has a certain frequency. If we add energy (heat) the frequency increases and it becomes liquid. If we continue to add energy, it becomes a gas. As the frequency increases, the form in which it manifests itself changes. The entire system (seen from the physical world) is made of gradually *increasing* forms of energy. This is how we can look at it. The dimensions however were created the other way around, through a *decrease* of energies (Ch3). Above the 3 sub-layers of solids, liquids and gases, the energy is faster and we can no longer see these manifestations (but we can still experience them - Ch4). Each dimension can be divided into 7 sub-layers. There is a great difference between the upper region and the lower region of each dimension. The upper regions have a 'feeding' quality to the lower regions (Ch3). In the lower regions the main function of the dimension is manifested.

The 4 higher sub-layers of the Physical are called the etheric sub-layers. Here dwells the vitality that makes the whole physical dimension alive. The Astral can be divided into the higher sub-layers of attraction and the lower sub-layers of contraction. Our experiences in the astral dimension play out through a great variety of emotions. In the lower regions of the astral we experience fear, sadness, loneliness and egocentric desires (contraction of energy) and in the higher regions we experience love, joy, gratitude, awe and devotion (attracting emotions - Ch17). The division causal-mental in the mental dimension will be explained in paragraph 2.4.

Our consciousness is in direct contact with the physical dimension. Our 5 senses of smell, taste, touch, hearing and seeing are experiences *in* the physical world (when outwardly directed). Above the physical dimension our perception changes. Our eyes cannot see the Astral. But we can *feel* and *sense* her. We experience our emotions *in* the astral dimension. Emotions are of a higher frequency than our physical body. Our thinking is still on a higher frequency than our emotions. Our thoughts are activities in the mental dimension. Normally we are focused on the physical dimension. This is 'our' world of matter. We can transform it, build houses and make useful tools and machines to make our lives easier. We can manage and influence the 3rd dimension. But still we have an instrument that works simultaneously with signals and functions from the astral and mental dimensions (Ch4). All this happens within a system that is much larger than our 'well known' 3rd dimension. The other dimensions exist simultaneously *through* the physical dimension. The higher dimensions encompass the lower. How can we picture this?

How the dimensions exist in one another

We have to include a wide cosmic perspective to be able to see the functions of the form dimensions. The Divine Creative Forces flow through the dimensions from high to low. The 3 nirvanic dimensions form a trinity. This is the 'home' of the Divine Trinity. In many religions and cultures this Trinity is described. The Divine Trinity creates, nurtures and maintains the form-worlds from the higher dimensions, the worlds of Light. The form-worlds also form a Trinity (Ch3). In the form-worlds the Mental carries the 'masculine' Divine Idea, the Astral carries the 'feminine' Divine Desire and the Physical *is* the ultimate Divine Form. In Diagram 2c, all of these characteristics are displayed. In the nirvanic dimensions the names of the Divine Trinity are indicated (Hindu, Theosophical and Christian).

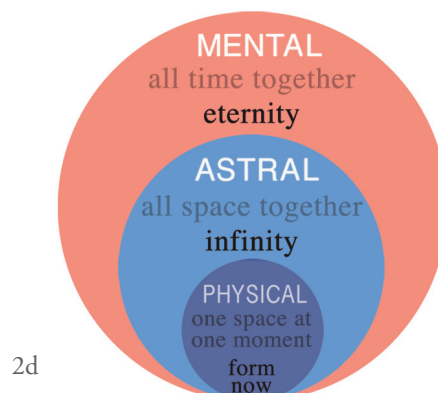
The nirvanic trinity exists in an energy balance with the 3 form-worlds (Ch3). The dimension of Buddhi is the state of paradise (Ch5-Ch16). In this Diagram pluses and minuses are displayed in the layers. The layers with a plus are the 'masculine' dimensions and they are characterized by structure and order. The layers with a minus have a more 'feminine' character. Here movement, (for us) experiences, sensations and feelings are the main characteristics. The mental dimension is a geometric, ordered energy matrix that 'holds' all the basic patterns of all life in the physical dimension.

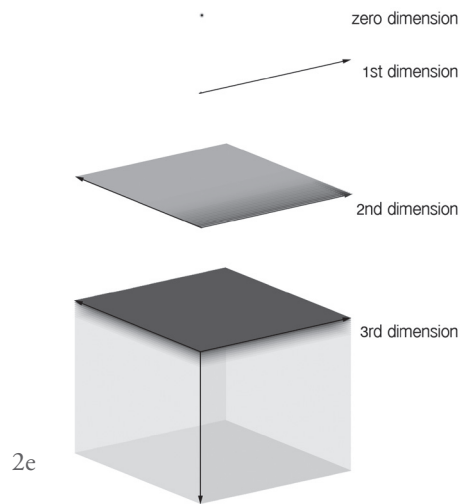
2c

1	MAHAPARA NIRVANA	TRINITY	+	Shiva	Logos	Father	
2	PARA NIRVANA		—	Vishnu	Monad	Son	
3	NIRVANA		+	Brahma	Spirit	Holy Spirit	
4	BUDDHI		—		Paradise		
5	MENTAL <small>5th dimension</small>	TRINITY	+	Divine Idea	CAUSAL MENTAL		1 2 3 4 5 6 7
6	ASTRAL <small>4th dimension</small>		—	Divine Desire	ATTRACTION CONTRACTION		1 2 3 4 5 6 7
7	PHYSICAL <small>3rd dimension</small>		+	Divine Form	ETHERIC PHYSICAL		1 2 3 4 5 6 7

The astral dimension expresses the (feminine) Divine Desire to become form. Here the geometric order of the mental matrix is transformed into shapes in the Physical (within her own sphere). We can say: *God thinks* via the mental dimension and *God desires* via the astral dimension. As humans we also use the mental dimension when we think and the astral dimension when we have desires. Our actions are a Scale Repetition of the Divine Creative Act (Ch5). With all of this in mind we can describe the dimensions ‘from the ground up’.

We live in the 3rd dimension, the dimension of **time** and **space**. In the 3rd dimension time and space are ‘single’. We experience ourselves (body, thoughts and feelings) at a certain moment in time, in a certain space. Within the cosmic order of the 7 dimensions, we can say that in the Astral space is ‘made’ and in the Mental time is ‘made’. In the astral dimension space is **plural** and in the mental dimension time is **plural**. When we look at it from ‘upstairs to downstairs’: all time originates from the mental dimension and all space and all forms are created in the astral dimension. The word dimension comes from the exact sciences. Our understanding and imagination of the higher dimensions can grow if we start with a geometric equation and then see how that equation gradually grows.





- The 0 dimension is a still point, somewhere in space. If that point starts to move the 1st dimension 'happens'. The 1st dimension is a straight line, one direction. One line is a lot of points, a *multiplicity* of points, one after the other. The 0 dimension exists in a *multitude* within the 1st dimension. This equation is valid for all the following dimensions. The 2nd dimension is a flat surface. A flat surface is composed of several lines, laying side by side; the 1st dimension exists in a *multitude* within the 2nd dimension. A cube is a 3 dimensional spatial form. A cube consists of a lot of flat surfaces on top of each other. The 2 dimensional form exists in a *multitude* within the 3 dimensional form. We can continue this sequence:

The 1st dimension comprises a multitude of 0 dimensional shapes.

The 2nd dimension comprises a multitude of 1 dimensional shapes.

The 3rd dimension comprises a multitude of 2 dimensional shapes.

The 4th dimension comprises a multitude of 3 dimensional shapes.

The 5th dimension comprises a multitude of 4 dimensional shapes.

What does that imply for the 4th dimension, the Astral? The 4th dimension is a multitude of 3 dimensional shapes. The 3rd dimension is the **status quo** of matter at a certain point in space and time. The 4th dimension includes *all previous stages* of the physical (3 dimensional) world. All previous events in space and time are still a part of the Astral. The Astral can thus reflect moments from the past. For our consciousness the experience of earlier moments in space and time is *very* important. When something bad (or something funny) happened to you yesterday, you can recall that experience by thinking about it. If you close your eyes (and close yourself off from what is happening *now* in the 3rd dimension) you can easily recreate the situation again in your mind's eye and you can *feel* again how it felt. This is possible because in the Astral that event (that piece of 'previous' space) is still there.

The Astral is a multitude of 3 dimensional shapes, spaces or events

When you enter a deeper state of hypnosis you are able to 'see' all the past events in your life. This is possible because in the Astral all previous 'forms' are still there. During sleeping and dreaming our consciousness is completely absorbed into the astral dimension and we are no longer aware of the physical dimension anymore. In our dreams we digest the events of the previous days in feelings and emotions. Our astral body (our subconscious mind - Ch4) 'mirrors' what happened in the previous days

(and sometimes much further back). The experience of emotions like joy, desire or fear can be *very* intense in your dreams. Time and space are mixed, the events are not subject to gravity or place (3rd dimension). In the Astral several spaces (locations, happenings) are in close proximity. Your subconscious mind can switch very rapidly from one story to another in your dreams.

When you use your imagination you create your own 'space' and things happen the way you would like them to develop. You make use of the astral dimension when you do that. If you invest a lot of energy into the same fantasy or the same desire, that fantasy or desire becomes a part of you and it will arise into your awareness at unexpected moments (Ch7-Ch18).

Back to the geometric comparison: the 4th dimension comprises a multitude of 3 dimensional shapes. All previous shapes still exist in the astral. The main quality of the Astral is therefore often associated with **memory** and **reflection**. This 'law of reflection' of the astral dimension works for all forms of life or consciousness (Ch5). The Astral carries the history of all life on Earth (Ch16-Ch18).

How can we imagine the 5th dimension within this sequence of multitudes? The Astral is all spaces and all past events together. The Mental is the multitude of these astral events together in time. The Mental includes all time. The basic structure of the mental dimension is a geometric energy matrix in which all the blueprints for all forms, shapes or patterns in Creation are stored. In the cosmic pulse of time the evolutionary developments take place in this matrix. The higher dimensions encompass the lower. In the geometric matrix of the Mental, the astral spaces are created and within those the physical shapes are contracted in *one* moment. The basic geometric energy matrix (structure/building) of the Mental remains constant in this process. In the 'rhythm of time' numerous differentiations are formed in the mental matrix, whereby increasing refinements in the astral dimension take place and a great variety of forms (minerals, plants, animals, man) are able to grow. The physical world is one segment, one moment in that long development. That one moment is **now**.

The Astral still includes all previous forms of every life-form and the mental still 'holds' the order, the geometry-based plan. Because all stages of development are stored in the energy matrix of the Mental it encompasses also all moments of birth and causation. Every form and every manifestation is connected to its Origin in the mental matrix. That is why the name **Causal** is used for the upper part of the mental dimension.

The mental dimension includes all time and it carries the basic geometric structure of all life-forms

Where is the plan for the tree that grows from the little seed? Is it hidden in the molecules of the seed? Do you (your personal consciousness) know how a wound on your arm heals? What makes the caterpillar become a butterfly? Why are the molecules of carbon able to reshape themselves under high pressure into the structure of a diamond? Everything works according to a Divine structured plan. The geometric blueprint of all forms is in the mental dimension, beyond *our* experience of space and time. The 3rd dimension is the status quo of matter at *one* moment in space and time. The physical dimension is a contraction of an astral space that exists within the energy matrix of the Mental. We experience only one form at one moment in time.

The geometric order of the Mental (the Divine Idea) and the contracting forces of the Astral (the Divine Desire) receive their impulses from the Divine Trinity (in the Nirvanic dimensions). This is a big topic which will be explored in the next chapter.

The separate dimensions

Each dimension is a separate world with its own features. They can be divided into the qualities of the elements (Ch6). In the following paragraphs the dimensions are described from our human point of view, based on *our experiences in the form dimensions*.

• The physical dimension

This is the dimension of matter and solid forms. All we can perceive with our senses belongs to the physical dimension. All dead and living matter is part of the physical dimension. It covers everything that is happening in the 3rd dimension. This dimension is immensely vast. All visible planets and galaxies are part of the physical dimension. Our physical body functions within this dimension.

The physical dimension is composed of two ‘regions’: 3 sub-layers of solid substances and 4 etheric sub-layers. The etheric sub-layers relate to the vitality of every life-form in the physical dimension. We have a body that is composed of solids, liquids and gases, but the life-force that makes it all work has a higher frequency. The etheric sub-layers are connected to the breath. If we do not ‘feed’ our physical body with breath, it will decompose to the basic matter of solids, liquids and gases from which it is made. As long as we live (are incarnated) we have an etheric body that makes our physical body ‘alive’ (Ch4). All life forms (animals, plants, minerals) use the same etheric vitality and have an etheric body. Our bodily consciousness (Ch1-Ch21) is the awareness of our physical body *and* etheric vitality at the same time. The etheric sub-layers are also the frequency levels in which light and electricity moves, and in which we perceive colour and sound (Ch20).

• The astral dimension

This is the dimension of feelings, emotions, desires and passions. Every emotion is an experience on the frequency of the 4th dimension. An emotion of desire or lust is a contracting movement in the Astral: you want, you desire objects, people, attention for yourself, towards yourself. These emotions are ‘playing’ in the lower region of the astral. An emotion that expresses care, love and devotion takes place in the upper region (Ch17). Our experiences in the Astral can be of a wide range: from intense feelings of joy to the most unpleasant feelings of anger, fear or panic. The astral dimension is ‘faster’ than the physical dimension. In the physical world all forms are relatively stable. In the Astral everything is in motion. The comparison with water (Water on a cosmic scale, Ch6-Ch18) is fitting. Mobility, fluidity and reflection are the characteristics of this dimension, the ‘Water of the Astral’ mirrors. If we have an emotion it *always* has to do with an emotion we previously experienced. Our subconscious mind works via this dimension.

5	MENTAL	+	Divine Idea	CAUSAL	Awareness	Abstract Thinking	1
	5th dimension			MENTAL	Self Consciousness	Logic Thinking	2
6	ASTRAL	—	Divine Desire	ATTRACTION	Sub	Feelings	3
	4th dimension			CONTRACTION	Consciousness	Desires	4
						Emotions	5
7	PHYSICAL	+	Divine Form	ETHERIC	Bodily	1st etheric electricity	1
	3rd dimension			PHYSICAL	Consciousness	2nd etheric light	2
						3rd etheric sound	3
						4th etheric colour	4
						gases	5
						liquids	6
						solids	7

When we are asleep we are alive in the Astral. The Astral reflects all previous events. In the Astral emotional experiences are predominant and it causes the Water to be in turmoil. The Astral is characterized by: **Moon - Water - mirroring - reflection - past - history**. The Astral is the 4th dimension. This 4th dimension is very large, just like the physical 3rd dimension. The Astral encloses all galaxies.

Besides what we experience personally, the Astral is a 'world' on its own. The Astral is much larger than the Physical. It consists of multiple 'places', multiple locations and multiple events simultaneously. In the Astral multiple events can happen simultaneously without hindering each other. In the astral world many other life forms or consciousnesses are present (Ch5-Ch18). The Souls of unborn children hover around in the astral dimension before being born into the physical dimension. Some mothers feel their child as a 'presence' before conception. If a person dies, their consciousness can remain close to the physical dimension for months in the lower regions of the Astral. This can be observed by relatives or friends. Mediums can have contact with consciousnesses or deceased people in the astral world. This is a big subject which will be discussed in Chapter 18.

• The mental dimension

Our thinking is happening in this dimension. Geometry, order and structure are the fundamental nature of the mental dimension. Most of the time our thinking is focused on the visible physical world. The activity of thought itself is *in* the 5th dimension (on the frequency of the 5th dimension). Thinking is an activity within the matrix of the Mental and this creates a temporary fixation in the matrix. The thoughts themselves are of a higher frequency than the brain. The activity of thoughts in the 5th dimension has a reaction in the 3rd dimension, it *becomes* a molecular transformation (and movement) in the brain (Ch4). The Mental exists on a higher frequency level than the astral and physical dimensions. It includes the physical and astral dimensions. All galaxies have their causality in the mental dimension.

The mental is also divided into two regions. In the physical dimension the etheric sub-layers 'feed' the solid forms. In the same way, the causal sub-layers are the stimulators of the mental sub-layers. Our logical thinking takes place in the lower sub-layers of the mental. Our abstract thinking takes place in the 4 upper sub-layers. These two areas are in constant exchange with each other. Abstract thinking is thinking with feeling, thinking with no conscious process preceding it. Our intuition works through (via) the causal sub-layers. Our self-consciousness 'clings to' the concrete logical thinking. We like to be 'sure of things'. We can 'open up' our logical thinking towards the abstract thoughts (Ch4-Ch12). Our 'awareness' (the watcher - Ch1) acts via the causal sub-layers.

The Mental is a geometric, ordered energy matrix covering all basic patterns of all life-forms. Within this energy matrix, the astral forms develop (by attraction and contraction). On a smaller scale, in our world, we can see the same thing.

- The dimensions higher than the Mental have Sanskrit names. It is not easy to describe these higher dimensions. This is because our consciousness is focused on the lower dimensions. If we try to put experiences of the higher dimensions into words we limit them to a mental concept. Therefore the descriptions of the higher dimensions can only be done with terms from a spiritual context.

1	MAHAPARA NIRVANA	+	Shiva	Logos	Father	
2	PARA NIRVANA	—	Vishnu	Monad	Son	
3	NIRVANA	+	Brahma	Spirit	Holy Spirit	
4	BUDDHI	—	Unity Field	Paradise		
5	MENTAL 5th dimension	+	Divine Idea	CAUSAL MENTAL	Awareness Self Consciousness	Abstract Thinking Logic Thinking
6	ASTRAL 4th dimension	—	Divine Desire	ATTRACTION CONTRACTION	Sub Consciousness	Feelings Desires Emotions
7	PHYSICAL 3rd dimension	+	Divine Form	ETHERIC PHYSICAL	Bodily Consciousness	1st etheric electricity 2nd etheric light 3rd etheric sound 4th etheric colour gases liquids solids

2g

• Buddhi

This Sanskrit name means pure consciousness or spiritual consciousness. In the Christian tradition it is called the ‘**state of paradise**’. Buddhi is the field of Love, the Unity consciousness of Creation, the paradise. Humanity ‘fell’ out of this Unity consciousness, the paradisiacal state of consciousness, and is now bound to the lower 3 dimensions (Ch5-Ch8-Ch9). In the form dimensions, we experience duality: plus and minus, hot and cold, day and night, man and woman. We experience this as a separation. In the Buddhist dimension this duality does not exist. Buddhi is the Unity Field which is described in many spiritual traditions.

• Nirvana

The literal Sanskrit translation is ‘unconditional being’. In the Christian tradition this dimension is called ‘the Kingdom of God’. The Spiritus Sanctus, the Holy Spirit, works from this dimension.

- **Paranirvana**

This dimension is the origin of the universal Soul of humanity. Here dwells the Monad (Greek - Ch5), the wholeness, the indivisible. The Monad is the primordial Cosmic Atom, the Solar Crystal, the Christ Spark (Ch11-Ch19).

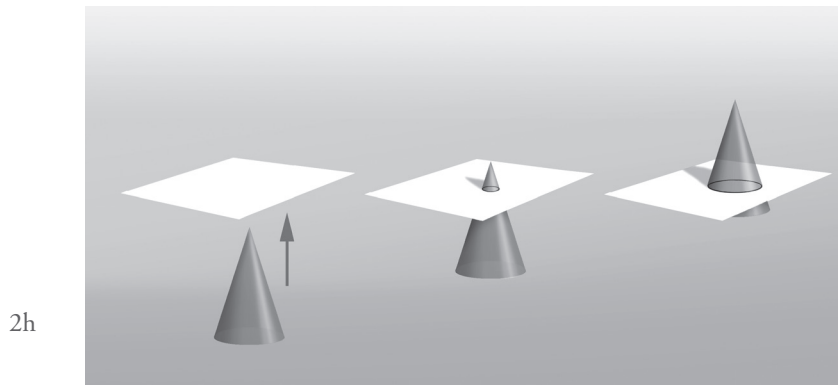
- **Mahaparanirvana**

This is the dimension of the 'First Reality', cosmic eternity, without limitation. Here dwells the Logos (Greek), the Divine original Spirit, 'the Father'. His Power, His Light, brings forth the entire Creation.

The higher 3 dimensions enclose (are carrying, feeding) the form dimensions. Every major world religion attempts to make us aware of this invisible 3-fold Divine expression that impacts on Creation and on our lives (Ch3-Ch5-Ch11).

How we look at the Big Picture

The 7 dimensions are a Divine cosmic structure and are kept in shape by a cosmic energy dance (Ch3). Our consciousness is focused on the 3rd dimension but it *can* observe much more than just the 3rd dimension. Our consciousness works with many signals from other dimensions, but we always explain them as 'coming from' the 3rd dimension. Our logical view is never larger than the 3rd dimension. The activity of our thinking takes place at the frequency level of the 5th dimension. This leaves traces in our brains. Science can never map our consciousness by only looking at the chemistry of our brain cells. Our consciousness, our research and our knowledge are focused on the 3rd dimension. Our consciousness is hereby limited. Perhaps this can become clear by the following equation.



- Imagine a thin sheet of paper. All loose particles, which together form this sheet, become aware of themselves and of all other loose particles. They can also talk with each other. They are aware of their 'field', the 2nd dimension. They gave names to all (2 dimensional) shapes that can be formed in that field: lines, triangles, squares, circles, etc. Even if there is a 3-dimensional shape, e.g. a hollow cone, going *through* that sheet of paper, they can only perceive what is happening *in* their dimension. They will tell each other: "Well, there first was a point and it began to grow and it became a circle and that circle became bigger and bigger and then it suddenly disappeared." They stay behind and wonder: "What was that?" The loose particles with their consciousness *in* the 2nd dimension cannot imagine a 3 dimensional shape. They cannot see that spatial form. To understand and feel what a cone is, they have to let go of their *identification with* and their *orientation in* the 2nd dimension.

Our consciousness works within the same limits. We have 'mapped' the 3rd dimension by thinking and talking about it and doing experiments with it. Now we know the entire dimension. We can have an easy life in it, due to our investigations of that dimension. The 3rd dimension is bound by space and time, it includes all forms in the here and now. These forms change over time and we can speculate how they will continue to change. Our consciousness can observe the forms in the now. If 'a form' from the 4th dimension goes *through* the 3rd dimension, we recognize only the shape that it (he/she) has in space and time. A form from the 4th dimension (the astral) affects our emotions and in most cases that emotion has to do with the past in which that emotion was created or charged. If you are afraid of something (e.g. public speaking or going to the dentist) that feeling comes back in the here and now (the 3rd dimension). It comes up and you feel it. But you cannot see the whole 'history' of how that emotion was formed. You cannot see *all* previous astral experiences that are connected to the emotion you feel in the here and now.

You cannot oversee the 4th dimension (the Astral) from the 3rd dimension (the Physical)

You experience particles of the 4th dimension, just like the molecules in the paper experienced the cone as a growing circle. The particles from the Astral work out in our subconscious minds as emotional experiences with a memory of previous events. The astral has its associations with water, moon, reflection and mirroring. The astral keeps track of history; it 'remembers'. Every human has a stock of 'memory' feelings that exist in the 4th dimension and report temporarily in the 3rd dimension. We can never oversee the whole stock. This stock of pre-programmed feelings and emotions is our **subconscious mind**.

The Mental is the 'home' of our **self-conscious mind**. We use the energy matrix of the Mental when we think and plan our lives in the 3rd dimension. When we are going to make something (e.g. bake a cake or build a barn), we can see the steps we should take to achieve the goal. If we are going to bake a cake we need to buy butter, flour, yeast and sugar and then we need to prepare the kitchen and bring the butter to room temperature, etcetera, etcetera. We can *see* all those steps. This is possible because of the thinking faculty in the mental dimension.

The Mental is about order and structure and overseeing the time line

We have a physical body by which we can experience (move and change) the physical dimension. That body is 'alive' by the grace of our etheric body. We also have 'energy bodies' by which we experience our emotions and our thoughts. To fully understand the function of these energy bodies we need to look at the basic formula that is fundamental to the 7 dimensions as such. This is the subject of Chapter 3. The energy bodies are explained in Chapter 4.