DIMENSION PROFILE #5

The Four Dimensions of Consciousness

Explore your multidimensional nature for greater self-understanding and freedom.

Dr. Jennifer Howard

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Now that you’ve walked through each of the Four Dimensions of Consciousness in detail, it’s time to take a step back in order to help you be more aware of all four simultaneously. Here we explore your experience of how they are interwoven in you.

From the perspective of unified consciousness, all is One. When you look through the lens of the four dimensions, you see that each distinct dimension has a unique and essential role to play on your path to Wholeness.

The purpose of this profile is to help you further develop your ability and capacity to be aware of and embody all four dimensions at the same time so that you can live your full potential.

Action-Physical Dimension of Consciousness

Here’s a brief review of the Action-Physical Dimension of Consciousness:

This is our tangible 3-D physical world and the densest of all dimensions. From the linear perspective, it’s the furthest from Infinite Light. Here we have a mindset often at the root of our persistent problems. With its animal drives, primitive thinking, and delicate ego, from here we see our world as concrete, permanent, and unchanging. From this perspective, life seems mysterious. We’re more susceptible to superstition, control, and fear. This dimension’s mindset has the most limited point of view.

As you look at and consider your responses to the Action-Physical Dimension Profile and what you’ve learned so far in Your Ultimate Life Plan, answer the following questions:

- What did you learn about yourself through the process of reading about and exploring the Action-Physical Dimension?
- What did you learn about your own relationship with the mindset of the Action-Physical Dimension of Consciousness?
• What surprised you as you explored this dimension?

• What did you learn about where you tend to get stuck most in Action-Physical?

• What did you learn about where you’re most at home in Action-Physical?

• What aspect or aspects of the Action-Physical Dimension would you like to look at more deeply for your healing and growth?

• From the perspective of the Action-Physical Dimension, what is the interplay for you between the Action-Physical Dimension and the Formation-Emotional Dimension?

• How do you see yourself expanding beyond the mindset of the Action-Physical Dimension into the Formation-Emotional Dimension?

• From the perspective of the Action-Physical Dimension, in what ways do you see yourself recoiling from the Formation-Emotional Dimension back to the Action-Physical Dimension mindset?

• From the perspective of the Action-Physical Dimension, what do you observe about the interplay for you between Action-Physical and the Creation-Mental Dimension?

• From the perspective of the Action-Physical Dimension, what do you observe about the interplay for you between Action-Physical and the Emanation-Spiritual Dimension?
Formation-Emotional Dimension of Consciousness

*Here’s a brief review of the Formation-Emotional Dimension:*

In this dimension we begin to understand we have an inner life with emotions and thoughts and a mindset that allows us to approach it with enough clarity and insight to process and heal. We have the opportunity for self-empowerment and self agency and can relate better to others. Here we can reflect on our life and begin to see we have an effect on it. We try to understand our feelings, and deepen our search for meaning and God. We start to see our life as a path, and we begin understanding that our thoughts and beliefs contribute to shaping our life.

As you look at and consider your responses to the Formation-Emotional Dimension Profile and what you’ve learned so far in *Your Ultimate Life Plan*, answer the following questions:

- What did you learn about yourself through the process of reading about and exploring the Formation-Emotional Dimension?
- What did you learn about your own relationship with the mindset of the Formation-Emotional Dimension of Consciousness?
- What surprised you as you explored this dimension?
- What did you learn about where you tend to get stuck most in Formation-Emotional?
- What did you learn about where you’re most at home in Formation-Emotional?
- What aspect or aspects of the Formation-Emotional Dimension would you like to look at more deeply for your healing and growth?
- From the perspective of the Formation-Emotional Dimension, what is the interplay for you between the Formation-Emotional Dimension and the Action-Physical Dimension?
- How do you see yourself expanding beyond the mindset of the Formation-Emotional Dimension into the Creation-Mental Dimension?
- From the perspective of the Formation-Emotional Dimension, in what ways do you see yourself recoiling from the Creation-Mental Dimension back to the Formation-Emotional Dimension mindset or further back to the Action-Physical mindset?
- From the perspective of the Formation-Emotional Dimension, what do you observe about the interplay for you between Formation-Emotional and the Creation-Mental Dimension?
From the perspective of the Formation-Emotional Dimension, what do you observe about the interplay for you between Formation-Emotional and the Emanation-Spiritual Dimension?
Creation-Mental Dimension of Consciousness

Here’s a brief review of the Creation-Mental Dimension:

This dimension includes observing our thoughts, seeing their origins, untangling our belief systems, as well as experiencing a greater inner spaciousness and tasting larger Reality. We begin to have the capacity to embrace life in whatever way it shows up. This is the level of creation. We no longer search for something outside of ourselves to rescue us, but rather recognize our happiness is an inside job. Finally realizing that inside and outside are one, we begin to experience ourselves in Reality and not always reflecting upon it.

As you look at and consider your responses to the Creation-Mental Dimension Profile and what you’ve learned so far in Your Ultimate Life Plan, answer the following questions:

- What did you learn about yourself through the process of reading about and exploring the Creation-Mental Dimension?
- What did you learn about your own relationship with the mindset of the Creation-Mental Dimension of Consciousness?
- What surprised you as you explored this dimension?
- What did you learn about where you tend to get stuck most in the Creation-Mental Dimension?
- What did you learn about where you’re most at home in Creation-Mental?
- What aspect or aspects of the Creation-Mental Dimension would you like to look at more deeply for your healing and growth?
- From the perspective of the Creation-Mental Dimension, what is the interplay for you between the Creation-Mental Dimension and the Formation-Emotional Dimension?
- From the perspective of the Creation-Mental Dimension, what is the interplay for you between the Creation-Mental Dimension and the Action-Physical Dimension?
- How do you see yourself expanding beyond the mindset of the Creation-Mental Dimension into the Emanation-Spiritual Dimension?
- From the perspective of the Creation-Mental Dimension, in what ways do you see yourself recoiling from the Emanation-Spiritual Dimension back to the Creation-Mental Dimension?
Dimension mindset, or back further to the Formation-Emotional Dimension mindset, or even further back to the Action-Physical mindset?

- From the perspective of the Creation-Mental Dimension, what do you observe about the interplay for you between the Creation-Mental Dimension and the Emanation-Spiritual Dimension?
Emanation-Spiritual Dimension of Consciousness

Here’s a brief review of the Emanation-Spiritual Dimension:

This dimension is the highest/deepest level of consciousness, what many traditions call “the vast, wordless expanse.” Beginning at the interface of the intimate and the infinite, in this dimension we experience Oneness. Here we have the deepest intimacy with God, Universe, or Spirit. You can, as it says in Psalm 46:10, “Be still and know that I am God.” It is the Mystery, or unknowable dimension of consciousness. Meister Eckhart referred to this as the “Godhead.” All dimensions spring from here, the Divine Will.

As you look at and consider your responses to the Emanation-Spiritual Dimension Profile and what you’ve learned so far in Your Ultimate Life Plan, answer the following questions:

- What did you learn about yourself through the process of reading about and exploring the Emanation-Spiritual Dimension?
- What did you learn about your own relationship with the mindset of the Emanation-Spiritual Dimension of Consciousness?
- What surprised you as you explored this dimension?
- What did you learn about where you might tend to use spiritual bypassing to reach the Emanation-Spiritual Dimension?
- What did you learn about where you’re most at home in the Emanation-Spiritual Dimension?
- What aspect or aspects of the Emanation-Spiritual Dimension would you like to look at more deeply for your healing and growth?
- From the perspective of the Emanation-Spiritual Dimension, what is the interplay for you between the Emanation-Spiritual Dimension and the Creation-Mental Dimension?
- From the perspective of the Emanation-Spiritual Dimension, what is the interplay for you between the Emanation-Spiritual Dimension and the Formation-Emotional Dimension?
- From the perspective of the Emanation-Spiritual Dimension, what is the interplay for you between the Emanation-Spiritual Dimension and the Action-Physical Dimension?
• From the perspective of the Emanation-Spiritual Dimension, in what ways do you see yourself recoiling from the Emanation-Spiritual Dimension back to the Creation-Mental Dimension mindset, or back further to the Formation-Emotional Dimension mindset, or even further back to the Action-Physical mindset?

• How do you see yourself embracing the Emanation-Spiritual Dimension while being connected to the some of mindset of the Creation-Mental Dimension?

• How do you see yourself embracing the Emanation-Spiritual Dimension while being connected to some of the mindset of the Formation-Emotional Dimension?

• How do you see yourself embracing the Emanation-Spiritual Dimension while being connected to some of the mindset of the Action-Physical Dimension?
Holding Your Awareness
of the Four Dimensions of Consciousness as a Whole

Considering what you’ve read in Your Ultimate Life Plan, the exercises you’ve done from the book, and the work you’ve done on these Dimension Profiles, answer the following questions:

- What has your experience been like of Presencing yourself (Chapter 2) in all Four Dimensions of Consciousness?
- When you tune into them in sequence, what happens?
- In what ways has doing the work in Your Ultimate Life Plan and these five Dimension Profiles made you more aware of and sensitive to the Four Dimensions of Consciousness?
- How has becoming more deeply aware of the multidimensional nature of your life changed your view of yourself?
- How has becoming more deeply aware of the multidimensional nature of your life changed your experience of life?
- What most surprised you about the Four Dimensions of Consciousness?
- How do you see the four dimensions interacting with each other within you?
- How do you experience the interplay between the dimensions in your life?
- When you allow yourself to sense into all four at once, what do you notice?
- When you allow yourself to sense into all four at once, which ones do you seem to experience least.
- When you allow yourself to sense into all four at once, which ones do you seem to experience more strongly.

Take a few minutes to reflect and meditate.
Don't just read the book. Live it.

To get the most value out of *Your Ultimate Life Plan* and to create real and lasting change in your life takes putting Dr. Howard’s *Conscious Living 2.0™* principles into practice. The *Your Ultimate Life Plan WORKBOOK* will help you do just that because it’s the ultimate companion to Dr. Howard’s book! This workbook walks you chapter by chapter through the book, giving you space to journal your responses to the many self-reflection exercises, as well as record your meditation experiences and insights. In addition to all of this, the workbook adds some important brand new questions and exercises to help do an even better job of exploring and healing your life.

**About Dr. Jennifer Howard**

Jennifer Howard, PhD, is the author of *Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last*. An internationally known licensed psychotherapist, life and business coach, nondual energy healer, and professional speaker, she combines over 20 years of experience with extensive training and expertise in mind-body psychology, meditation, and the healing arts.

A Huffington Post blogger, she’s appeared as an expert on numerous national network television shows, and is the host of her own weekly radio talk show, *A Conscious Life*. She’s the creator of the audio series, *The Keys to Healthy Relationships*, and the CD, *Paths of Healing: Meditations for Relaxation and Healing*. Dr. Howard is a former faculty member of the graduate studies program, A Society of Souls: The School for Nondual Healing and Awakening, and taught meditation classes for many years at Marble Collegiate Church, in New York City. Dr. Howard maintains a private practice with offices in New York City and Long Island, and has an extensive phone practice.

To find out about Dr. Howard’s upcoming classes, seminars, and workshops, as well as the products she has available, visit her website: [www.DrJenniferHoward.com](http://www.DrJenniferHoward.com).

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