

## 2.4. Major Changes in Life

### 2.4.1. Creation and cooperation

In wondering about what might be so different about the 5th dimension, we have shifted our perspective from concrete to conceptual objects. In 3D, machines won't run without fuel and biological life depends on physical water. On the other hand, 5D operations are fuelled by loving energy, communication and understanding.

The 5th dimension thus works in an abstract domain. It is a *conceptual domain*.



5th-dimensional thinking, feeling and living is quite different from the 3D ways of doing things. Think of it as a change in your **roles of action**. Instead of functioning as a small wheel in a large 3D machine, a 5D role would be to creatively participate in planning, designing and building a machine.

You're likely to start small, and you will slowly find your way to your own personal top. Instead of playing bit pieces in an orchestra time after time, 5D musicians might begin with contributing small musical adaptations here and there. Slowly their horizons might open up

to composing larger pieces. Instead of being performers till the end of their days, they might try their hand with a set of improvisations or smaller compositions.

5D roles do not exclude 3D functioning. Someone can develop a machine with a 5D mind and then use it in a 3D environment. A writer can write a book and then also read it. The 5th dimension simply helps us to focus on new and creative activities.

Although this seems like a minor change, it constitutes a crucial evolution.

Consider the "entertainment business". Romans filled circuses to watch gladiators and various animals kill each other. Even though we've generally moved to less blood-thirsty, or at least more "virtual" amusements, where teams compete over getting a round thing into an enclosed space, and where actors titillate us with things we would like to do, but that we cannot commonly accomplish, the basic 3D scenario persists. In all these events, large numbers of spectators watch a small number of gladiators, players and actors perform their actions. Even most popular interactive games follow largely the same pattern. There are the "good guys" and the "bad guys", you choose what you want to be, and off you go into "battle".

The ascent to 5D changes all that. You are now becoming a co-creator. You are trying your hand as a stage-hand, assistant, or as a co-director.

### ***Watch yourself***

In 5D you may even begin to question the "good guys" vs. "bad guys" scenario. Do you really need "good guys" and "bad guys" for your mental make-up? Or are you now growing past that elementary construct?

Or you may wonder about moral differences. Is *watching* lions getting killed the same as *watching* an orchestra giving a superb performance? Wherein lies the difference?

Extending the issue into the worldwide scenario, you may even begin to wonder why the world has been caught in the traps of never-ending wars. Who ever thought that up? With what purpose?

Those are some of the issues that surface with *Ascension*.

Every concept is set in motion by thoughts moving you into ascension. We begin to question many of the initial setups.

That can be very confusing. Hold on to your hat. In time everything will click into new setup.

## ***Becoming the creator***

Internet technology has facilitated this shift and it has already demonstrated the huge pressure to move from "watching" to "creative participation".

Think of YouTube or any other upload system for blogs, photos or videos. It has become easy to upload a quick video that was shot on one's web-cam, and there is now a vast variety of outlets for any type of blogging or creative output. The problem is no longer finding the authors, it's finding the readers! In fact, there are so many contemporary authors with such a huge literary output that a beginning author has to *pay* a publisher to get his book published.

Another illustrative example comes from "Second Life", an unusual online game world. "Second Life" is a creator's world. It lets you build and furnish your own virtual house in a large online world. The freedom to create your own virtual objects is nearly unlimited. The decisions about what you want to do in Second Life -- build a business, meet people, create a second family, fall in love, just laze around, or whatever -- is entirely yours. In Second Life, you are fundamentally your own boss, and you decide what you want to do.

The results are interesting. There is much more "building" than "living" in Second Life. Most neighbourhoods in Second Life are stone-empty, which is a fascinating virtual counterpart to the empty 3D vacation towns we see all over the Alps or on the Mediterranean coast. It is evident that we humans love to build and create, but once our work of art is ready, we shine with our absence.

## ***Change the world -- with your friends***

In the world of creation, we can create new thoughts, new things, even new *situations*. To which you might answer: "I've had novel thoughts all my life, that's easy. And in art class I made a statue, that's easy too. But new *situations*? How can I change a situation, in short, how can I change the *world*?" Indeed, it is not so easy, and that's where clearly thought-through 5D thinking becomes really useful.

Begin here: No more being tossed hither and thither. No more complaining about this or that, either. You're the boss. You're now co-creating the world that you're in, so accept the consequences.

If you are stuck in a difficult or unacceptable situation now, it may be time to change, perhaps slowly and systematically (see also the next chapter). You may have to think about it in some detail.

## ***Cooperation and joyful learning***

How can you build a whole plan for change?

Many changes are so extensive that you need to *cooperate* with others, to co-determine your own best future with those around you. You are in charge, right -- but you are also together with all other 5D-ers around you, so now you can co-create your solutions with those that share your beliefs.

Understand each other, create together.

Our 5D creative liberty makes us discover the necessary counterpoint to our ability to create: *cooperation* with our fellow companions. Without cooperation with others, most of us might toil on as "forgotten minor artists" and will never find recognition or inner equilibrium. Most valuable changes have such extensive consequences that a single person cannot effect the change alone. Only cooperation brings about lasting social change and in the long term, joy in the shared work.

We, the recent arrivals in the 5D world, are often raw beginners with respect to *cooperation*. Our "survival" and "doing better than the other man" has been much extolled, particularly in the western tradition. "Get ahead!", "Go for it!", "The best wins all". All this individualist striving needs major rethinking, now that we are in the 5th dimension. Co-operation and winning together in a world that seeks only individual winners is very different from winning *against* all others and seeing others crawl in defeat.

Were you happier when you won *against* all others? Or were you happier when you won in a team, ***with*** all others? Ten bets against one: you were happier in the second situation.

Modern projects are larger and technically much more sophisticated than those of 50 or 100 years ago. As a consequence, many more now need to become co-architects, co-composers, co-engineers and co-writers in complex large projects – that is to say, persons capable of thinking like the creators themselves, but with the additional capacity to understand how the whole project can function as a whole.

### ***That is our 5D future.***

Many more of us will not only buy parts of projects, but will also want to contribute to building them together with others. 3D to 5D is a huge shift. Many who enjoy music will not only tap their feet and dance, but will also learn to compose music and contribute to bringing joy and musical excitement to others. Those who have something to say, will not only read and watch videos, they will also write and make videos to share and improve our mutual understanding.

It's already happening all around.

With Internet we've seen how participation encourages creation, co-operation, unification and continual learning. You are my friends, and we will learn and grow together. Sometimes I will show how to do things, sometimes I will learn from you. That makes the game a lot more challenging. For many of us, this involves a lot of new learning, not only about how to do the job, but also about how to do this, together with others.

### ***New competence, new leadership, plenty of work***

In this shared tradition, a new *hierarchy of competence* is emerging. While the industrial

revolution encouraged the emergence of a few financial tycoons and the creation of commercial empires based on mass production, 5D cooperation encourages leadership built on working together that is recognized by peers. Over the long term, this in turn encourages cooperative leadership within organizations that seek the maximization of *human benefits*, rather than the creation of empires of dominance, exploitation and abuse.

There is plenty of work to do. The emphasis on 3D actions and objects has left us with an obsession of filling our world with unused buildings, consumer goods and various toys, created with minimal consideration of environmental needs or sustainability. We shall now have to recreate our world in ways that fully respect environmental requirements, human dignity, equal chances for advancement, and cultural differences. Slavery, unrepresentative dominance and exploitation systems -- by definition -- have no space in 5D worlds.

### ***Divine love emerges***

In this conception of 5D existence, we perceive a second aspect of **love**, which we discussed in the previous chapter.

We saw the importance of talking to each other, in order to dissolve personal problems. Here we find yet another aspect of the "water of the spiritual realm": *Cooperation*, being together, simply enjoying sharing with the other, saying "yes, I like being with you and I enjoy creating something much grander with you than I could ever create just by myself", all this is another, even wider and grander form of love to enjoy in the 5th dimension.

We breathe deeply, and we take in the freedom and joy of our new state in the fifth dimension.

In this mental state we find the divine part in ourselves. As we discover as we continue, the *fifth dimension defines not only our thinking, loving, creative and cooperative selves, but also our divine components*.

We open our internal doors to our Higher Selves, our very own and most direct connection with divinity.

[Verification (after corrections desired by Melkiades): "Melkiades, do you agree with this text as it stands?" *Strongly agreed*. "Can I put it on Internet?" *Strongly agreed*.

### **2.4.2. Major changes**

Someone asked me to write a message into his notebook. I hardly knew him, but the image of someone with the back against the wall came to mind. So I asked Melkiades to help me, and my fingers wrote: *"If you've got your back against the wall, ask your Higher Self for advice. Listen. Then turn around and go through the wall."*

Before you pounce on me, yes yes yes, you **can** go through the wall, nearly always. In this blog I'll show you how.

### ***They went through the wall***

Let's start here. Did you see Greg Braden's "She-is-healed" video<sup>1</sup>? Watch it if you can.

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1 Greg Braden's "She is healed" video: "Gregg Braden - Quantum Healing of Tumour thru the Power of



It shows a scene from a Beijing volunteer medical clinic<sup>2</sup> where a woman had a large bladder tumour, shown on a split ultrasound screen. The left part of the screen showed the tumour in its initial stage, and the right part displayed it in its current state.



Around the bed were three trained mental practitioners. Together they chanted a Chinese word which means "she is already healed", again and again. And wouldn't you believe it, over some three minutes, the tumour practically disappeared, right in front of our eyes.



Let this sink in. The healers didn't say, "woman, please be healed". Nor did they ask any divinity to make the tumour disappear. No one asked anything of any one. No, they simply said, in unison, "The facts are different. The tumour is already gone." We assume that the patient integrated this belief

and transmitted it to her entire body. Within a few moments, the woman's tumour had no choice but to disappear. Three healers chanting in unison and sharing a profound conviction with the patient were more powerful in determining "reality" than the tumour itself.

In tune with the chanters and the patient's profound convictions, the patient's body "turned and went through the wall". On the other side of the wall, the continued existence of the tumour ceased to make any sense. And if the patient maintains the same belief structure in the future, there is an excellent chance that the tumour will not reappear<sup>3</sup>.

### ***Whole societies can go through the wall***

Let's take another example of "going through the wall".

A few years ago, we had the horrible Fukushima disaster. The radiation has spread over northern Japan and all of the United States and Canada. In front of every mountain range with a west flank, the east-flowing jet streams provoked more radiation fallout. In many areas, the radiation levels rose well over "normal" danger levels. Our society had the back against the wall.

For a few weeks after the accident, the whole world was saying, "What are they gonna do? What are they gonna do?" and no one seemed to be able to do anything. The reaction in Japan was hesitant and sluggish, international support was weak, and subsequent reports on safety measures on atom reactors in Europe and the U.S. showed long lists of deficiencies. But no one was able to do very much.

Then, much to everyone's surprise, Germany announced one morning that they would simply stop and get out of atomic power production. I have no idea how the decision was made, but Germany's powerful wind and solar industry as well as the green coalition partners may have played an important role. With the increased internal pressure to produce electricity by alternate means, this new government strategy would support the alternate fuel industry, which in turn would favour German exports. And with the voters largely on their side, the Merkel government turned this unfortunate event into an advantage. They went through a wall -- which in fact had barely been there beforehand.

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*Thought\_Feeling*". <https://www.youtube.com/watch?v=PZpRP1FV0IE>

2 Now closed due to political pressure.

3 This is an inverse application of the placebo effect, to effect healing with patients who wish to effect it through a profound change of their belief structure. These patients actively want the placebo to have a healing effect. Further explanations will be given in Section 2.6.



On the other side of the wall, there was no more need for atomic power. Even though the transition will not be as easy as a stroll in the park, coming developments have been made much easier by this collective decision. The German society -- and subsequently Switzerland, who also decided to get out of atomic power -- negotiated a sharp turn in economic prioritization.

### ***You yourself can also go through the wall***

You can also make a major decision – all of a sudden, on your own. Here we have an important personal decision when this anonymous contributor realized that she was pregnant with a child<sup>4</sup>:

“It will be a year since I found out I was pregnant tomorrow *and* he will be 4 months old.

“Since I discovered he was coming: I stopped smoking, drinking, hurting myself, lying, not taking my medication, binging junk food, not sleeping for days at a time, then sleeping non-stop, running away from conflict, yelling to be heard but not listening, holding grudges, and every other horrible habit/coping mechanism.

“It is the first time since puberty I have felt confident making plans for the future because I no longer assume I will kill myself before reaching it. Although I love my husband and family more than they will ever understand, I always thought it would be better for them (and selfishly myself) if I was gone.

“But I can’t bear the thought of not seeing my son grow up, and him having to grow up without a mother who loves him so much. I also can’t bear the thought of him having the ‘fucked up’ mom.

“So I won’t be. I will not let myself ruin this. No matter what. And that has made all the difference. I didn’t think I could do it until I just had to do it. And now? Now I’m so happy. Thank God.

“I never want to put all this baggage on him, so I don’t know if I will ever tell him, but no matter what else happens in our lives: he’s saved me. And that’s the happiest secret I’ve ever written!”

### ***The monster we are up against***

All of us are unhappy about some aspect in our lives, aspects that are asking for a change. What's more, our societies are running headlong into a series of ecological disasters that cry out for change. Again and again, as societies or as individuals, we find that we cannot continue in a certain direction and that we must, somehow, find another solution.

No one likes change. But when things get to an intolerable state, we'd better take the measure of the monster that we're up against. We should learn how a major change can be negotiated as efficiently as possible.

When you trace back any intolerable situation to its origins, it generally comes down to some habits based on a wrong interpretation of the facts. The habits get us into an intolerable "pickle", long before the actual facts impose themselves. Long before an intolerable state becomes factually unsupportable, there are numerous signs that we're headed towards the wall.

For example, we were told during the 1950s, 1960s and 1970s that atomic power would be the cheapest and most effective solution for solving our energy needs. Five decades later,

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4 <https://postsecret.com/> Retrieved 18.10.2020.

we know that this was a rather incomplete interpretation of known facts.

Three major factors were not taken into account, first, the considerable difficulty of maintaining a trouble-free burn process and of containing radiation over long periods of time in large power plants (even with earthquakes and tsunamis), second, the enormous difficulty and cost of disposing of radiation materials, and third the substantial cost of disposing of a reactor once it had served its life time.

Once all the extra costs are taken into account, what had seemed a cheap and effective solution at first turned out to be an expensive nightmare. We manoeuvred ourselves into an intolerable situation, because an erroneous calculation was made and was sold to us. We are now labouring with habits created under erroneous assumptions, and we have to find our way out, as best as possible.

How long have we known this? At the beginning of the 1980s, we already had enough facts in hand to correct the first false assumptions, but by that time, we were already committed to the construction of many more power plants. Habit and commercial interests had taken over, and it seemed impossible to stop the train.

So what was the wall? Nothing but a wrong continuation, long after recognizing the error. In other words, in this case "the wall" was nothing more than a set of erroneous beliefs.

In general "going through a wall" is "nothing more than changing a set of beliefs".

## ***Changing beliefs***

I put "nothing more than changing a set of beliefs" into quotation marks because it is in fact a very hard thing to do.

First, we must admit the error and second we must change the habits -- as rapidly and as smoothly as possible. This rubs everyone the wrong way, but when the time has come, and logic demands it, that's the way it is.

At the same time, our 5D capacities simplify the making of the necessary changes.



*Admit the error.* The first difficulty is to admit the error. Many people, politicians first among them, feel that they never make any errors -- all errors are someone else's fault. That's simply stupid. All of us make errors, and how we deal with them is a measure of our maturity.

Let's take a common error: you've missed your exit on the express-way. What do you do? Are you so angry that you miss the next exit as well? Will you carry your anger or your hard-headed persistence into the next thing you do and upset the rest of your day?

The mature way of dealing with this common error is to calm the spirits so that you can quickly determine the next possible route. Sometimes the navigation system will do that for you. Of course the loss of time and fuel is upsetting, but the most important thing is the overall goal. You want to get to your destination rapidly and with the least amount of effort. The mature thing is to accept the fact that you've made a minor error, and to consider that other things are much more important to you than the detour.

You can take this even one step further. You can ask why you made the error. Were you simply inattentive? Was there some other landmark that disoriented you? This can be useful for the next time you get to the same place, so you can seek out relevant landmarks for your exit.

In other words, relax, don't get into a fit and let your intelligence guide you. Upset emotions or fat-headed persistence will not get you any further. And stop pretending that you incorporate some divine wisdom. You and I are simple humans that stumble through life and do the best we can with our interpretation of reality. We make errors and if we're smart about it, we learn from them.

### ***Errors are necessary***

In fact, errors are even necessary because they are part of our creative ability. How did Bach, Mozart or Beethoven come up with their incredible range of melodies? By experimentation. Some of it was better and some of it less. Not all of Bach's melodies are a total hit, and we can tell how the composers experimented by examining some of the original partitions and by comparing similar passages.

So to sum up, let's develop a mature attitude towards errors. We make errors, either by consciously working with trial and error, or because of inattention or insufficient competence. If we made an error, we remain cool and think of alternatives.

### ***Some errors have become bad habits***

This gets us into the tough part. Changing a bad habit is much more difficult because one must replace one complete set of belief structures by another complete set. Furthermore, some false beliefs may have powerful commercial support, or may now be part of our self definition, and will thus become particularly difficult to eradicate. Frequently we don't wish to accept the full range of changes that are required for a transition to a new state.

I'll illustrate this with an example that all of us are now well aware of, world-wide: overweight and obese conditions. I offer this example with humility, since I have fought obesity all my adult life.

By now, the factors contributing to obesity are well known. At the physical end, there is the list of all the wrong things we eat: too much sugar, too many refined foods, too many animal products, insufficient fresh vegetables and fruits, too many non-natural conservation agents and too many pesticides.<sup>5,6</sup>

As another physical factor we add "lack of physical exercise". A slim body enjoys movement, and an overweight or obese body resists it.

Among the psychological factors, let's just name the most obvious: stress and frustration. When stressed we don't dedicate sufficient time to getting fresh foods from the store. One operates like a slave: the body continuously signals a "hungry" condition, and one ferociously defends one's wish to be fed far more than is necessary.

### ***What needs to be changed***

So, to reverse overweight conditions, we need to replace a long series of established habits (abstracted from quite a number of authors, including Campbell and Campbell,

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<sup>5</sup> The standardized body-mass index (BMI) definition of "overweight" and "obese" is based upon the relationship between weight and height. It is the same for men and women. The formula is the following: BMI = weight in kg / height in m<sup>2</sup>. Example: 100 kg / (1.75 m)<sup>2</sup> = 100 / 3.06 = 32.7. Values above 30 are called "obese" and from 25 - 29.9 are "overweight".

<sup>6</sup> Obese conditions often provoke conditions that require direct medical attention, while overweight conditions represent increased health risks that generally do not require immediate medical attention. For simplicity's sake I will only use the term "obesity" here.

2006)<sup>7</sup>:

- Prioritization of fresh vegetables and fruits, particularly of "BIO" products that have been grown without chemical fertilizers, that have not been treated with herbicides and that do not contain any non-natural conservation agents.
- Profound changes in what we eat -- how much you eat is secondary if you eat the right combination of foods: strongly coloured vegetables and fruits, limited amounts of sugar-, starch- and root-based foods, and animal products making up not more than 5% of the daily diet.
- Increase of physical activity to let the body return to better levels.
- Resolution of any long-term psychological frustration linked to excess food consumption.
- Forget short-term gains and fix long-term improvements. If you took 20 years to get to where you are now, a 10-year return to desired status will be an excellent performance. According to traditional Chinese medicine, a 5-year return period would be the fastest possible recuperation time.

*Is this list too long or too drastic for you?*

If you're overweight or obese, you've got your back against the wall. You've now got the choice between various options:

- Continue on the same path, and you already know where that leads.
- Try one of the many quick fixes, watch your body loose impressive amounts of weight, only to return to previous or worse conditions a few months after you go off the diet. (I've done this several times – very discouraging.)
- Get part of your stomach surgically removed or restrained. This is a last-resort approach. It gets your weight down permanently. But it does not free you from negative effects of a typical fast-food diet, nor from various other physical disorders induced by stress- or frustration-induced eating. So think about it. Except for totally out-of-balance situations, the radical surgical procedure represents a questionable advantage.
- Implement only part of the list -- and see only part of the hoped-for effect, if any.
- Simply lay down the law around your home that from now on you'll not only follow, but also personally integrate the full list of changes listed above. Then watch your weight come down nice and gradually over the coming months and years.

It's your choice. You may be against the wall. You can turn around and pass through it, or not. It's only a set of beliefs.

### ***Are you the boss?***

We've taken on the sensitive issue of obesity to illustrate a massive personal change, but the principle applies to any situation where major changes are required: a marital separation, a job change, a change of geographical location, etc.

***It all comes down to the issue of how you see yourself: are you a person who likes to be led by others? Or are you the person who likes to take things into your own hands?***

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<sup>7</sup> For a short and clear review, see chapter 6 in T. Colin Campbell and Thomas M. Campbell II, *The China Study*. 2006. BenbellaBooks, Texas.

A 5D person naturally tends towards the second solution. You see yourself as the boss and you like to make your own decisions. The 5th dimension clarifies one's playing field because it says which structures are involved. All the factors involved in the change become crystal-clear, and you can make your personal decisions or add your vote or market weight in the directions that seem most appropriate to you.

[Verification: Melkiades, are you in agreement with the text as it stands? Answer: Totally agreed. Can I put it on Internet? Answer: Totally agreed.]

### **2.4.3. The hard nut: fidelity and infidelity**

Now that Melkiades and I were on a good footing, I asked him about a private issue that I've wondered about for all my life: the issue of fidelity.

My life has been marked profoundly by this question. For various reasons, my father had a number of love affairs with women other than my mother. My mother was intensely aware of these events, and so I grew up in an embittered family. Disagreements, arguments and an icy silence were common in our home life, right till I left the family at age 19. Eventually, when I was 31, my parents divorced – largely over this issue. Although both of them have lived memorable and in part brilliant lives, their lives were also profoundly marked by this issue.

Myself I fell into a similar pattern early on. In my twenties, I had a string of transitional, and often overlapping sexual relationships. That ended as I matured, about at age 35, and since then I have kept my physical relationships straight: few, long-term and not overlapping.

At the same time, the issue has never left me entirely. More than a decade ago, a long-term relationship broke up because my partner “wished for more freedom”, particularly with her German teacher. Also every once in a while, I have felt attracted to someone outside my long-term partnership. I have never acted on these impulses, but I have mulled a long time over this issue. Is it right or is it wrong? And why?

I wanted a clean answer from my Higher Self about these questions. How do entities familiar with 5th-dimensional concepts deal with these issues? What can they suggest to us about sexual fidelity and about attractions outside of the established couple? The answers came back, piece by piece, and here is what I got. The answer turned out to be surprising, yet entirely clear. They have provided a finite response to my insistent questioning.

### ***Time for change***

My responses required a basic rethink.

In ascension, we do not beat heads against a wall to defend dogmas. We understand that great variations exist in human existence. We concentrate on essential concepts, and we accept intelligent compromises. There is no sense in fiercely defending non-essential cultural and religious principles -- that would only waste energy while we're rapidly moving into a new sphere of understanding.

Many aspects of life change at this time: how to make a living, how to effect political change, what to eat and how to do healing. So it comes as no surprise that we also see changes in sexual behaviour. How we behave sexually gives a clear indication of our deepest psychological state.

Nearly everyone says that their sexual life is different from the way their parents lived their private lives. Some wish for more sexual liberty, some others for less, some look for more "love" and less "sex" in their relationships, and most make a strong point of refusing dominance, violence and exploitation. Many choose a homosexual or even an asexual lifestyle. No doubt, sex has evolved far from the post-WW2 period where one didn't talk openly about sex and just went ahead to "produce the next generation".

Sexuality is so personal that no adolescent or adult can avoid the issue, including monks and nuns in sexually abstaining religions. Sex is profoundly part of our human nature. So we must make intelligent and tolerant decisions about sex. As we make choices for ourselves, we develop a conception for a future society.

What do we take along and what can we leave behind? Take along the porno collection into the fifth dimension? Live in a lesbian world and reproduce by insemination? Go back to the Middle Ages and the era of chastity belts? Or do we want "free sex", like so many sports stars and politicians? Behind every option hides a psychological and social model. As we see ourselves sexually, we fundamentally conceive of our existence as human beings.

### ***Melkiades gives me two filters***

To guide me along, Melkiades gave me indications to find my way through these issues. He gave me two major filters: first, a *tolerance filter* and second, a *3D/5D filter*. Once I applied the two filters, everything fell into place, and all my confusion disappeared.

What follows applies only to mature adults. Sexual issues lie on entirely different levels for children and adolescents. Perhaps some other time, I should take up the issues of sexuality at younger ages.

### ***The tolerance filter***

First, apply the tolerance filter.

Positive emotions, patience, tolerance and acceptance of others are the basis of a good and joyful social environment. Acceptance and tolerance are the initial lesson in our ascension from the third to the fifth dimension. Tolerance forms the basis of good social interactions.

A filter contains a *white list*, elements that we accept, and a *black list*, elements that we refuse. For 5D existence I've had to learn to accept and tolerate homosexuality, pornography, sexual abstention and voluntary consensual polyamory. On my black list figure domestic force, violence and exploitation.

The 5D tolerance list was frankly surprising to me. As a clear hetero, could I simply accept homo or poly experience? Yes, answered Melkiades. No one needs to be excluded from ascendancy because of their homo-erotic inclination. However reflection does not stop there. A finer understanding will come in the second filter.

*Let's go back to the white list of the tolerance filter.*

I don't share homosexual inclinations and still feel surprised to see two men kissing or two women cuddling with strong sexual overtones. I know this is not "me" in any sense. However I understand that others feel otherwise and as long as no major harm arises, I can learn to live alongside of this alternative life style.

I also accept that others may want to participate in pornographic videos, although I strongly wish that these participations be truly voluntary and be made in humanly acceptable conditions (which according to many reports is frequently not the case). What I'm concerned, neither public sexual self-exposure nor its viewing interest me in the least. I also find that by far most pornography misses the true story of love and understanding, which in my experience represents the most powerful inspiration behind sexual encounters.

I can also accept sexual abstention, although it is clearly not my personal preference. Some people (according to some studies, some 5% of the population) are simply not interested in sex.

The interest in sex also declines frequently with age or while waiting for a suitable long-term partner. Others have given vows of abstention when joining religious groups. I personally think that long-term abstention in a sexually capable person avoids issues that nature imposes on us and that we should learn to resolve. Recent events in the Roman Catholic church have shown that religious abstinence can regularly lead to sexual abuse of children and adolescents; so my tolerance of sexual abstention is tied to questions about an adherent's real psychological capacity for such a challenging life style.

Would you climb Mt. Everest if you had no mountaineering experience? Do you really want to sidestep your deepest human needs and risk that it "slips out from under you" and causes deeply destructive aggressions in other people's lives? I hold very serious reticence about long-term or permanent sexual abstinence, exactly for those reasons. However ultimately, I do not have any right to argue with an adult person's reflected decision when they choose abstention temporarily or long-term.

Finally, I can accept that others may wish to share their sexual lives with two or more simultaneous partners, when this would not be the case for me.

The *tolerance* of these four sexual life-style choices avoids useless discussions and opens the door to more important ascension issues. This filter separates *cultural norm variation* from truly *destructive sexual interactions* involving excessive dominance, violence and exploitation. *That's* where we need to apply the strongest social pressure.

*On my black list figure domestic force, violence and exploitation.*

Frequent beating one's children or one's partner, sexual abuse, enslavement or slavery are all acts that show wilful or hurtful domination over another human being. These acts show perverted or lacking love.

In Melkiades' opinion, persons practising such acts cannot participate in the ascendancy to the fifth dimension.

### ***The 3D/5D filter***

In the first tolerance filter we considered the sexual behaviour of *others* and our attitudes towards such behaviours.

The second 3D/5D filter concerns *our own experiences*. This is more central to the ascension process: How do I live my own, personal sexuality? This second filter also closes in on the question of fidelity.

*We see: sex changes as we go from the third to the fifth dimension.*

In 3D sex we experience a first range of aspects, including **raw sexual desire** and, consciously or subconsciously, various levels of **power**, and/or **need**, and/or **dominance**

over one's partner. In 5D, sex becomes much more a **discovery, construction and sharing of love**.

3D is primarily **taking**, 5D is much more about **discovery, giving** and **sharing**.

At the negative end of things, "3D taking" love can turn into pressure and dominance. A medieval warrior who returns to his princess and opens the chastity belt practised cruel sexual power and dominance. Similarly, a modern buyer of sex services exploits the power of his money to buy physical sex. Even an insistent boy friend who is primarily or exclusively oriented towards the satisfaction of his own desires is marked by dominance and exploitation. There is no giving, only "taking" and "collecting".

Other examples are relationships founded on conscious or subconscious wishes for greater economic or social advantage. This is unfortunately quite typical for the sexual motivations of the 3rd dimension.

### ***An emotional ping-pong***

In the 5th dimension on the other hand, sexual motivation starts with the heart, attention, and emotion, and with that elusive quality we call love.

Two people gently evolve towards a deep sharing and an emotional joining of their essential being. A sort of emotional ping-pong evolves in the 5th dimension: we see how an emotion affects the other person, and the other person sees the same in us. This starts delightful discovery and interchanges that give ever greater satisfaction as we feel ever more understood, stimulated and supported.

In the 5th dimension we can take this emotion into many directions. Here homosexual and lesbian love often opens up into more challenging discoveries of the very different world of the opposite sex.

This is what often happens as adolescent or young women evolve from lesbian into heterosexual experience. When all goes well, they will often discover a rather different set of desires and habits from what they knew as a lesbian. The transition can be rough. But stay with it: that too is part of ascendancy. Discover the Other with *tolerance*, and ask and speak gently with your partner about what you yourself are experiencing and what you desire. That lets you advance in the relationship.

Some parts of that new world will make sense to you more quickly, some more slowly, and some might remain too different for a long time. The long, mutual ride will also help your partner evolve – and that is the deep sense of ascendancy.

As we go through these considerations, new priorities take form.

We understand that sharing a deepening emotion is an important part of sex lived in the 5<sup>th</sup> dimension.

Since the 5th dimension has no *physical* sexual realization, *merging and joining emotionally* on the 5th dimension may seem at first like "some poor and limited sex". But let it become part of you. If this is done in a total loving and giving, it can become an incredible and essential contribution of your complete togetherness. As part of a deepening relationship, it becomes a very powerful bond between two people.

### ***An ideal long-term relationship***

As we evolve from 3D to 5D, we retain 3D bodies as we gain access to 5D capacities.

That permits us to use 5D sexual joy to transform our physical 3D sex into a new and most powerful combined 3D-5D experience. When the excitement mounts, the faces show the sheer pleasure, tongues and lips encounter each other, the hands follow and reinforce the sexual parts of the other, and finally, when nature spontaneously opens the doors, interpenetration occurs. Everything comes naturally, spontaneously, from the heart and with love. Love that flows is the key in the 3D event inspired by the 5th dimension, not desire that imposes, and never force nor overwhelming dominance.

In the realm of the fifth dimension, love can become ever more important. In 5D, we need not be concerned with the physical aspects of the body, survival or competition. In 5D all those aspects are already taken care of. There is no competition, unless we stupidly create it with our imagination. There is no need for food and resources, all is there if we need it. We need far less help, and assistance is available from all sides.

So the motivations for relationships aren't need, help and necessity, but a spontaneous gathering of understanding, sharing and caring – if you like, a cumulation of love.

### ***And can it last?***

Yes, if you feed it. Share a new thought or a new insight with your loved one every few days.

This is what ascension brings to our sexual lives. We may have started our long-term relationship for simple 3D reasons: temptation, curiosity or raw sexual desire. Then we may have formed a couple or a family to assure stability in a hostile 3D world.

We may have made sure that there is at least one stable person available to us all the time, especially to help with nurturing and educating children, and to ensure an adequate income and for cases of disease and disability. Nature has given us natural intuitions to try and form couples and families, and we pursue these inborn programs spontaneously.

But our deepest psychological need extends to more than all that. It is *emotional availability*, the real key to a satisfactory long-term relationship. The most important thing to us is that the partner be present, helpful and full of understanding when the need occurs.

It is this resonant (“ping-pong”) understanding of the partner that brings the greatest happiness to our relationships through a combined 3D-5D sexual unfolding.

“Does it feel right?”

If the answer is yes, hold onto it, nourish it and don't for a moment let it slip away. **It is the grandest entrance into the fifth dimension that you will ever have.**

[Verification. Melkiades: Have I got it right? Answer: Yes, finally you got it exactly right.]

### **2.4.4. What causes infidelity?**

And if you are not there yet? Let us dig some more.

Suppose now that I can understand all these aspects of 3D and 5D sex. The explanations I received from my Higher Self in dreams and in experiences were clear, but at the same time, they still didn't answer my initial question on fidelity.

#### ***Given its very high cost, what brings about such massive infidelity?***

Let's quickly shed the illusion that infidelity is "not really a problem". An online

questionnaire of 918 self-identified heterosexual men and women centred in the U.S. found that 23% of men and 19% of women have experienced a relationship outside of their current long-term relationship, specifically that they "engaged in sexual interactions with someone other than their partner that could jeopardize, or hurt, their relationship" <sup>8</sup>.

Other studies show that this percentage could be higher or lower depending on how the question is asked and how infidelity is defined: in the presence or not of the long-term partner, the span of time covered by the report, etc. Even though the frequency varies as a result of many cultural and psychological variables, infidelity is sufficiently pervasive in the world's cultures to worry about. It even exists in societies where it is punishable with death by stoning – and publicly reported cases of stoning have occurred just in the last few years.

I asked Melkiades about his advice, and he suggested to begin with differences between 3D and 5D relationships. Let us analyse step by step some probable events leading up to an infidelity.

### ***This is how it happens***

A first part of the answer to "why" lies in the opportunities.

Sports idols, film stars, and popular music performers show and tell us that during their time away from home, the opportunities for infidelity can multiply to phenomenal levels. After every concert, Elvis Presley was beleaguered by highly willing sexual partners, a fairly common pattern in high-profile public activity. The greater the perceived status, the more frequent are the opportunities. Curiosity, novelty, status-seeking and the like fuel such pursuits. Also, strong moments in sports or in the performing arts are often followed by important psychological low points where the attentions of the other sex are particularly welcome.

But opportunities and momentary low points cannot explain all. Even daily experience can feed into infidelity.

Infidelity feeds on deeper needs. In the same online study cited above (Section 2.4.3.), cheaters and non-cheaters alike signalled substantial sexual and emotional dissatisfaction. Sexual dissatisfaction was noted by well over half of "cheating" men, and by about half of "cheating" women. Even non-cheaters expressed sexual dissatisfaction: close to half of the women and about a third of the men.

Those are substantial numbers. The result was reflected in the responses about emotional dissatisfaction. Well over 40% of the cheaters of both sexes indicated unhappiness about their relationship, and well over 20% of non-cheaters were unhappy about their relationship. Even when cultural and questionnaire-related issues are taken into consideration, the degree of unhappiness feeding into infidelity cannot be underestimated.<sup>9</sup>

### ***So how does such great dissatisfaction come about?***

It is a common experience to be well understood by someone outside the couple, but not be quite as well understood by one's long-term partner.

<sup>8</sup> Mark, Kristen P., Janssen, Erick and Milhausen, Robin R. (2011). *Infidelity in heterosexual couples: Demographic, interpersonal, and personality-related predictors of extra-dyadic sex*. Arch Sex Behav, DOI 10.1007/s 10508-011 -9771 -z. (<https://kinseyinstitute.org/pdf/Infidelity%20in%20hetero%20couples.pdf>)

<sup>9</sup> Castleman, Michael (2009). *Marital infidelity: How common is it?* Psychology Today, <https://www.psychologytoday.com/us/blog/all-about-sex/200910/marital-infidelity-how-common-is-it>

This often comes about because a partner may not share the same experiences as two colleagues at work, or because one spends more time at work than at home, or also because one might have lost interest in what the partner experiences. 5th-dimensional emotional relationships can then develop outside of the long-term relationship. This is often called “emotional infidelity”, and it is frequently the beginning of a long-term sexual love affair.

So the question is, are these external relationships healthy, and can they promote good relations within the couple?

I asked Melkiades. He suggested to go back to differences between 3D and 5D love. Confusion between the two can lead up to an infidelity.

### ***This is how it happens***

In the reality of daily life, everything has limits. There is only so much time together, children often impose considerable time demands, and as a concrete consequence, complete or substantial understanding within the couple *is in fact quite infrequent*.

So it comes natural to form bonds of understanding outside of our long-term couple. Women often have woman-friends who understand and sympathize more spontaneously than do men. Men gravitate naturally towards male-female interactions. Small comments at work become flirts, and flirts can become more serious emotional and sometimes sexual relationships. This is the most frequent path towards infidelity.

Ascension is no help, on the contrary. It can fuel the confusion.

As we ascend, 5th-dimensional love, caring and sexual emotion hit us full blast. Interactions with many other 5th-dimensional inhabitants become rapidly more intensive as we deepen our intuitive and emotional capacity. We first feel ripples and then waves of love and understanding in 5D, deeper and more more powerful than any experienced in the 3rd dimension.

As we ascend, all of us understand and love each other more and more. A wave of love and understanding is on the way with 5D ascension, and it will soon engulf us all. Points of emotional encounter will multiply – and there is no way to fight it. If we don't become clear about our emotional state, the possibility of infidelity can actually increase as we move into the 5th dimension.

### ***Channel back?***

Ideally, all this emotional energy could be channelled back into one's long-term relationship. But often that does not occur. The new relationship appears more exciting than the older one, home conversations degrade into a series of sarcastic remarks, and thoughts remain fixed on the exciting moments spent with the new love interest. The outside relationship claims increasing mental space and deepens the failures of the long-term relationship.

Infidelity, when it is found out, is often experienced (and scored on systematic tests) as **more devastating than any other traumatic experience**, such as losing a family member. Many who have gone through the experience of a partner's infidelity were marked for life, and/or they took years to recover from their experience. **It is not a banal event, and we can leave, unwillingly, psychological carcasses behind us if we engage in infidelity.**

So we have ever more important joys of 5D interactions, associated with ever greater possibilities of “emotional infidelity”, which can lead to “physical infidelity”, which in turn can lead to great pain and suffering. How can we resolve this issue?

*There is just one solution.* Melkiades suggested that I would be truly handicapped if I didn't learn this as rapidly as possible.

### ***My real understanding of 5th-dimensional love***

Here's the key: Outside of the couple, we must never confuse 5D emotion with 3D physical sex!

It is very important to reserve physical relationships exclusively to the couple, and to enjoy 5th dimensional relationships outside the couple only at the non-physical level: no kissing, no foot-touching, nothing physical.

Go one step further. Learn to not even **think** of mixing 5th-dimensional experiences with the physical level outside of your long-term relationship.

This not an easy lesson, because it conflicts with hormonal realities. Our hormones yell at us, “when it's this great, head for the bed!” This is a destructive biological program. As we ascend into the realm of 5D love and understanding, we must understand that conflicting 3D hormonal programs are part of the price we pay for living in two dimensions at the same time. Theoretically it would be simpler if we all lived only in 5D, but then we wouldn't have any physical body.

### ***Bring the emotion home***

So for most of us, joyful 5D experiences outside the couple should not be confused with physical sexual encounters.

These are reserved for our long-term relationships, or possibly, for honest candidates of such long-term relationships. When you apply this principle and protect your long-term physical relationship like a set of crown jewels, all falls into place. You can feel the joys of 5D emotional ping-pong as much as you like, but everyone will know your physical home base. This brings peace and clarity to you and to all those around you.

Then there is one more step: bring the emotion home. When you've had a great time, getting appreciated and being emotionally welcomed by others, let your partner benefit from your experience.

Bring the goodwill into your long-term relationship and revive emotions that may have dried up over the years. Rekindle conversations and common projects. Let your partner benefit, like you, from the new 5D ripple. When 5D joy is shared, the couple can be strengthened and a potential estrangement tragedy can turn into a new beginning within the relationship.

### ***Become intelligent and responsible***

It can be seen that Melkiades favours sharing 5D joy -- prudently – rather than closing oneself off from joyful 5D sharing. This is the opposite of what some psychologists propose. While they suggest that we should erect iron fences around our emotions in order to protect our long-term relationships, Melkiades suggests that we should become intelligent and mature about our emotional and sexual behaviour. Keeping caring, joy, and

love far away from ourselves as if it were some kind of plague would not be coherent with our evolutionary path.

In ascension, we evolve away from fences and limits towards intelligent and responsible actions. Animals in prisons tend to find ways to escape, and when 5D "ping-pong" is rejected out of fear of "emotional infidelity", other more devious ways would be found to bring emotional satisfaction – i.e. real, physical infidelity.

Long term there is no use in fighting our intuitions to share joy and understanding with others, and we needn't deny others access to the best sides of our emotional being. But we definitely need to understand our emotional motivations and the limits that we wish to impose on them. That is the key lesson of emotional intelligence and maturity.

It took me about a month to fully understand the logic and reason of this advice from my Higher Self.

But now that I have written it down and fully understood the reasoning behind it, it has all become very clear to me. A great relief has come over me and I feel happy and joyful as I continue to internalize this new conception of my emotional world.

### ***Some recent thoughts***

The message I derive from these reflections is that conscious effort and patience can pay off, if the basic building blocks are right. Maturing and spiritual ascension develop with the successful passing of rough spots and the application of learned lessons. When we grow and grow together, the shared happiness multiplies, and we begin to build an intuitive understanding of what "love" means. That is a central part of our "ascension" from 3D into 5D.

And a last thought goes to those who are currently suffering in the wake of a divorce or separation brought on by infidelity.

We understand the pain, it can be devastating. Over time, try to accept this pain and go through it with full awareness. Coming out on the other side, try not to waste too much energy on anger and frustration. These are ineffectual, self-feeding mechanisms which are a waste of our time and energy. Instead, understand the true depth of your past problems and experiences, learn the lessons that you can, then go on to live a better life. New positive experiences will reduce the anger and frustration as time goes by. When the dark days are behind us, bright days return and offer new opportunities to apply our lessons.

Together with millions if not billions of others, I have gone through your experience and I have seen the return of much better days.

And so can you.

[Verification. Melkiades, are you in agreement with the article as it stands now? Answer: fully agreed. Can I put it on Internet: Answer: fully agreed.]