

Healing in the Fifth Dimension

By Darren Starwynn, O.M.D.

Why all the recent buzz about the fifth dimension (5D)? We have been hearing about it from many directions, including the science behind the hit movie *Interstellar* and insights of cutting-edge quantum physics.

The fifth dimension is not only of interest to scientists. Growing numbers of people are experiencing profound healing breakthroughs through 5D healing methods. Many of these people had already searched for years through various doctors, healers, workshops and spiritual practices without experiencing satisfactory results.

There are of course many effective treatments offered through Western Medicine, acupuncture, herbs, massage, manipulation, homeopathy and so much more. Yet the results of these systems can only go so far. Why? Because all of these system mainly focus on identifying and fixing problems, and this approach does not fully encompass the deepest truth of who we really are.

The purpose of this article is not to criticize any system of healing arts. These systems would not exist if they were not producing positive results for people, and I have great respect of all of them.

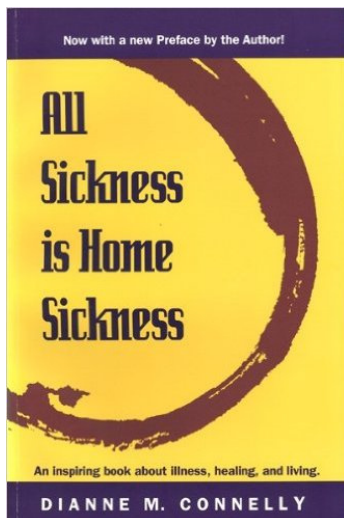
Any system of medicine is rooted in the prevalent beliefs of the people creating and using it. The most important belief to consider here is the belief about who we really are.

People who believe they “are” only their physical body and its biological functions will naturally gravitate to Western Medicine, which focuses on physical repair and bio-chemical adjustment of the body. This can be referred to as the realm of third dimensional (3D) healing.

People who acknowledge they are made up of energy as well as matter, and that their state of mind strongly influences their reality are will be more likely to seek out holistic healing practitioners. They will prefer a medicine that focuses on helping to balance and strengthen the energy fields of their bodies and harmonize their mind and body. Healing systems that do this can be referred to as fourth dimensional (4D) medicine.

There are now increasing numbers of people who are awakening to an even more profound truth – that who they are is really an unlimited spiritual being expressing through their physical body. While they will use 3D and 4D medicines when needed, they will be most inspired by that which heals through re-connection to their larger, unbroken self. This is the realm of 5D healing.

The most complete and effective solutions to the pains and problems of life are found within this reconnection process. It is a wonderful homecoming. Back in the 1980's I read an acupuncture textbook called *All Sickness is Homesickness* by Diane Connolly. I loved that title and never forgot it, probably because it comes from a fifth dimensional consciousness. Diane's



message was that all pain and sickness is based in deep feelings of separation and alienation from our all-loving source.

From this perspective the term “5D Healing” is a bit of an oxymoron, because on the level of 5D there is really nothing that needs to be healed!

Your fifth dimensional self is the part of you that has never been wounded, traumatized or abandoned. Even though I often still use the term “5D Healing” to describe the work I do (and do in this article) it is more accurate to call this practice 5D Reconnection.

If I had to use a single sentence to describe 5D healing, it would be:

“An infusion of high-frequency light that systematically reconnects our physical bodies to our universal source, thereby helping relieve many distressing symptoms and awakening us to the truth of who we really are.”

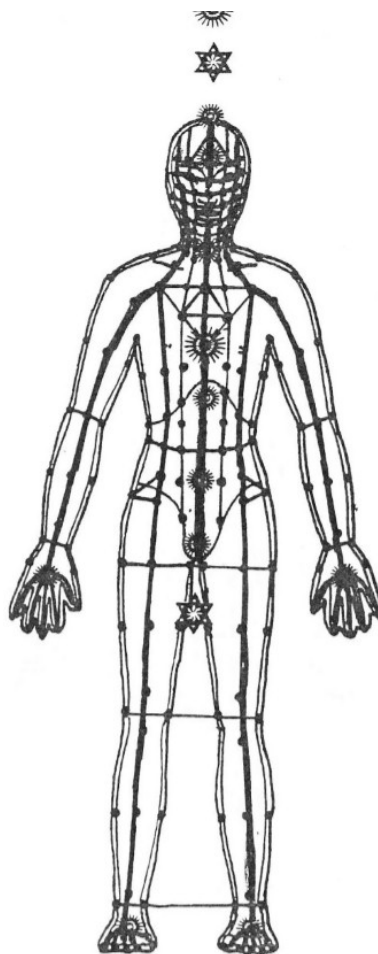
The fifth dimension is the realm of unlimited possibilities. This is true whether you look at 5D from the perspective of healing and spirituality or that of quantum physics. In truth they are one (this view is still controversial among quantum physicists).

My medical background has included over 30 years experience in acupuncture and energy medicine. From that perspective we can also say that some methods of 5D healing are a form of non-needle, spiritual acupuncture. Here is how that works:

Acupuncturists describe energy pathways in the body called meridians. Meridians contain acupuncture points which can be stimulated with needles, heat or microcurrent for pain relief, healing or rejuvenation. In 5D work these meridians are referred to as *axiatonal lines* and certain of the acupuncture points are referred to as *spin points*.

The Earth also has its own *axiatonal lines*, as does the solar system, galaxies and the Universe. At one time the *axiatonal lines* of human beings were in direct connection and flow with the Universal lines of force, and life was very different. Through what has often been called the “fall from grace” our human race largely disconnected our body’s energy pathways from those of the Universe. This led to all manner of pain, disease, conflict, scarcity and spiritual dis-connection.

We might say that 5D reconnection helps reverse that fall from grace, putting you back into direct connection with universal love and energy. This is the deepest and ultimate form of healing. Now, that’s something to get excited about!



So how can you join in on experiencing these wonders of fifth dimension re-connection?

The first, and most important way to connect with the fifth dimension is know that you already are connected. The truest and most real aspect of yourself is your spiritual beingness, which has always been vibrating in 5D. So the work is not so much to connect as it is to awaken ourselves from the illusion of separation.

Here are seven simple practices you can do to awaken your consciousness to 5D. Choose whichever ones inspire and delight you:

1. **Tune in** You can do this very simply, just like tuning stations on a radio or TV. **Your greatest power lies in where you put your attention.** The “station” most of us are tuned to is a general agreement called “the world”, and it is a pretty dismal station most of the time. The dream of our world as we know it is based on fear, separation and constant oscillation between the opposites of pain/pleasure, good/evil, success/failure, attraction/revulsion and so on.

The good news is that you don't have to live in that world. You have the power to “opt out” and start becoming consciously aware of your limitless 5D nature, your true self. Simply imagine that you are tuning the radio of your mind out of the dream of this world (and your own personal dramas) to the station of unlimited possibilities. Yes, it's that simple! Claim the great power of your imagination to choose your reality.

2. **Empowering Breath** Practice breathing deeply into your lower abdomen as often as you can. Deep breathing is the action of a powerful and free person. Shallow breathing breeds fear, disempowerment, disconnection and all the other “dis-es”.

3. **Be in the Eye of the Hurricane** Learn to cultivate your ability to be in touch with the calm center of your consciousness, the eye of the hurricane. Your higher self already knows how to do this. Important note- Your world and your mind doesn't have to be calm and uneventful for you to be in your calm center!

In a hurricane, there is a peaceful eye in the middle, even while turbulent winds around it are raging. It is the same in your consciousness. You can be in your calm center even as all kinds of crazy situations are whirling around you. As you spend more time in your calm center you will serve by making it a little easier for all others around you to also do it. I have guided meditations on my website to help you be in your calm center. (see below)

4. **Focus on Love!** You have the ability to choose love in all your personal, family and business relationships. You don't have to “feel good” in any idealized way to choose love. And most importantly, Love yourself. Make a commitment to love the parts of yourself that seem to be pained or dysfunctional – what I call the “PTSD self”. So much of our pain is due to rejecting this vulnerable part of our inner self. While loving and forgiving yourself fully may be the hardest form of love to practice, it is the most important.

5. **Come Together** Commit to participating in and contributing to groups that are based in 5D consciousness. If there is not one in your area, consider starting one! These groups can be in person or online. Coming together in the 5D energy field of Divine love and unlimited possibilities is one of the most rapid and powerful ways to help transform yourself and the Earth.

6. **Practice acts of random kindness daily.**

7. **Obey your soul** Learn to listen to the voice of your soul and obey it without hesitation, even when it seems impractical to your rational mind. Each time you do this you strengthen your connection to your spirit, and attract more blessings into your life.

You can also receive 5D Healing sessions from a qualified practitioner, which will greatly accelerate your healing and awakening journey. A 5D healer can sense where the subtle energy wiring of your *axiatonal lines* and *spin points* are frayed or broken, and can help restore them to full connection and function.

Because 5D is the quantum realm of Oneness geographical distance does not matter in receiving sessions. The benefits are the same whether the receiver is in the same room as the healer, or around the world.

Many clients prefer to have in-person sessions, but it is not necessary.

As mentioned earlier, the root of most, if not all, pain, depression, fatigue and disease is a deep sense of disconnection from our loving, abundant spiritual source. As you get physically re-wired to that source you move out of separation and into the love and joy of living fully. Your energies are freed up from struggle for creative self-expression and giving your greatest gift to the world.

Truly, I see the expansion of 5D consciousness as more than just a healing art – it is a global movement toward healing and awakening. You don't need to sign anything to join this movement – simply make the inner choice to awaken to who you really are, and then share your love and truth with others as often as possible.

Many free guided meditations and 5D writings are available on my website to support you in your healing and awakening journey.

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