



Awakening to the Fifth Dimension -- A Guide for Navigating the Global Shift

Vidya Frazier

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Humanity has recently entered an extraordinary period of transition in which it is preparing to make a quantum, transformational leap to a higher level of consciousness and reality known as the Fifth Dimension-forever leaving behind all experiences of fear, conflict, pain, sorrow and duality. _____ As veils of forgetfulness and dysfunctional patterns begin to dissolve in this Shift, we are at the dawn of an entirely new era on the planet: life lived from love, peace, cooperation, abundance, and reverence for all existence. _____

Author Bio: Vidya Frazier has studied with a number of spiritual teachers from both western and eastern traditions for over 40 years. In 1993, she felt called to India to visit the spiritual master, Papaji. Upon returning, she wrote *The Art of Letting-A Pathway to Inner Freedom* and began offering individual sessions, groups and workshops based on this book. _____ In 2007, she was invited to attend the Oneness University in India and was initiated as a Oneness Blessing Facilitator. She returned and offered the blessing to hundreds of people. Since then, she has studied with Quantum Healer Dell Morris, and teacher and author Jim Self. _____ The present focus in her work is assisting people to find their way with clarity and ease through the powerful energies of the Shift of consciousness that is now occurring across the planet. _____ She also assists people in discovering their spiritual purpose in life and stepping more fully into expressing it. _____ Drawing on thirty-five years as a licensed psychotherapist, hypnotherapist, and spiritual guide, as well as on her own spiritual awakening experiences, Vidya serves as a unique bridge between the worlds of psychology and spiritual awakening. _____

Keywords: Fifth Dimension, 5D, Ascension, Spiritual Awakening, Awakening, New Earth, The Shift, Global Shift, Raise Your Vibration, Dimensional Shift

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