



Contents

- 01: 3rd Dimension vs. 5th Dimension
- 02: Why Your Race Won't Matter on a 5D Spiritual World
- 03: What Are Twin Flames?
- 04: How To Remove Toxic Relationships Out of Your Life
- 05: How I Made Room for 'New Energies' by Saying Goodbye to 'Old Energies'

3rd Dimension vs. 5th Dimension

The 3rd dimension is a state of consciousness that is very limited and restricted. Because so many of us have lived in this 3rd dimensional reality for so many lifetimes we assume this is all there is. We live in a very limited, restricted reality of experience.

Just remember that everyone can create their own reality. You have **FREE Will** and can change your life at any minute.

The 5th dimension is kind of like a fairytale...humanity will live in harmony, peace, respecting all people and Earth and living in oneness with everything around them.

No more control, corruption, hunger, poverty, separation or crime.

Everyone living without fear and judgment but living with alignment and connection with Mother Earth, Spirit in honor and resonance with God the Source of Love and Live.



Why Your Race Won't Matter on a 5D Spiritual World

Each lifetime we will return to walk in the shoes of a **different culture** until we understand our

'**Oneness.**' Once you figure out what that statement means, you should never worry about someone else's race. Remember we are **ONE (#Oneness)** – all the same. Only those who choose to remain on a **low vibrational frequency (#3DEarth)** versus a **high vibrational frequency (#5DEarth)** will continue to

bring up the topics of race and diversity. When you leave this lifetime, **YOUR GENDER** and **YOUR RACE** won't matter because in other lifetimes, you might be the **OPPOSITE SEX** or **ANOTHER RACE** so why do you get so involved in this lifetime with the race of people? There are many influences around you (government, politics, the education system, religion, TV, radio, and the internet) causing you to bring up the topics of race and diversity and this is why you need to remove yourself from these influences. The best way to stop talking about race and diversity is simply to stop talking about it.



What Are Twin Flames?

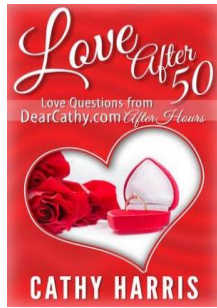
A twin flame is an **intense soul connection** with someone thought to be a person's other half, sometimes called a "**mirror soul.**" Finding your **#TwinFlame** in your lifetime will probably be extremely hard. Twin Flames are not just physical relationships, but they can also be friends that you resonate with or 'kindred spirits' that you knew in other lifetimes. You could have walked this earth many lifetimes together. One soul gets split into two bodies. One of the main characteristics of a **Twin Flame relationship** is that it will be both challenging and healing. This is due to the mirroring nature of a Twin Flame, and they show you your deepest insecurities, fears, and shadows. But they also help you overcome them, and vice versa. Your Twin Flame will be equally affected by you.

How To Remove Toxic Relationships From Your Life, #DearCathy, #TwinFlame

I am also a **#RelationshipCoach** and the author of "**Love After 50: Love Questions from DearCathy.com**" available as an ebook and paperback on Amazon.com, BN.com, Smashwords.com and other book websites. When I



say **#ToxicRelationships**, I am referring to families, friends, and others who you come in contact with – not just a relationship that you are involved in. Many couples split up during COVID because they weren't on the same page when it came to receiving the jabs. Many knew the jabs were **poisonous** and was about **#Depopulation**. However, others chose to look at the jabs as part of the government taking care of them and this way of thinking tore couples and families apart. Some walked away from their spouses once they took the jab and had side effects and others walked away after a spouse chose to vaccinate their children.



Everyone has **FREE Will** to make a choice. Just like when many couples split up when it came to the jabs, the same will happen as we transition into a 5D earth. Many will think everything about a Spiritual 5D world is sinister so they will refuse to transition into the 5th Dimension. Others will simply choose to transition into 5D and will leave their spouses, mates, and significant others behind because they clearly realize their current relationships are no longer serving them – plus their frequencies will be so high it will no longer match their spouses. As a relationship coach, I will never tell anyone to break up but when one person isn't willing to try to save the relationship or when one has a higher frequency than the other, it's time to go your own way. Many will also probably finally meet their **#TwinFlame** once they transition into a 5D earth, where there will be nothing but harmony, joy and happiness.

How I Made Room for 'New Energies' by Saying Goodbye to 'Old Energies'

I wish there were time to contact many family members and friends at the start of COVID to see where their heads or minds were at, but it just wasn't enough time. I had recently moved into a van, and I was on the other side of the country but because of my love for my **close immediate** family members, I did end up making a beeline across the country. I told them – face to face - as a **'Naturalist,'** I would **NEVER ALLOW** any jab to go into me. I also told them as a **retired government**

whistleblower, (www.TheCathyHarrisStory.com) that I would never trust the FDA.gov or CDC.gov, the lead agencies handling the jab. Those close to me started calling me a **#ConspiracyTheorist** so I found 'like-minded' individuals in the **Patriot** and **Truther** communities.

At the very start of COVID because I was a **Whistleblower**, a **Researcher** and **#InformationJunkie**, it was imperative for me to find out what was happening, which meant I had to remove myself from being around toxic relationships, especially friendships. Everyone is basically an **"Empath"**, a person that picks up on the energy of others. You can see their energy coming a mile away. I was always a **#CriticalThinker** and realized very early on in my life that many people are only in your life for a season -- not everyone is meant to be at your gravesite. And like when Marie Kondo said get rid of your clothing that no longer sparks joy, I felt the exact same way about people. So, what I did right after they said **'isolate in place'** was, I took out my phone and I looked at everyone that no longer sparked joy for me – those that made me frown when I saw their numbers come up and I not only deleted their phone numbers and blocked them, but I also scratched their info out of my address book also.

When you are with someone, always **PAY ATTENTION** to how you **FEEL**. If you feel **HEAVY**, guarded, **ANXIETY** sad, or **UNCOMFORTABLE**, that is your subconscious telling you that you probably should not spend as much time with that person. On the flip side, if you feel happy light, comfortable, and safe, it is a sign that person is probably a great fit for you. Always pay attention to how you **FEEL**.
Your ENERGY does not lie.

I wasn't playing around. I was on a mission to find peace, joy and happiness. I needed all my strength to figure out what was truly happening, and I knew they

would be a deterrent for me. I deleted these individuals not because I did not love them but because I loved myself more. I could not have these individuals with their **'negative energies'** around me anymore. The daily bliss that I have experienced after taking this action has brought me so much peace, joy and happiness as I transition into a 5D world. See you on the other side.

Check out my **Van Life Documentary** at www.CathyHarrisInternational.com/VanLifeDocumentary and subscribe to my **traveling channel** at www.YouTube.com/SimpleLifeRVing.