



THE  
DUALITY  
OF  
BEING

**PERSPECTIVES FROM  
MULTIDIMENSIONAL TRAVEL**

SUSAN NICHOLAS, MD

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*For Michelle and Ninfa*



## INTRODUCTION

# The Duality of Being

Each of us has the innate ability to separate our life energy from our physical body and travel into faraway dimensions. Although we do not fully understand the mechanisms, we know from anecdotal reports that the energy body has an infinite capacity to travel to dimensions far beyond ours without bringing harm or death to the physical body. Many who have experienced multidimensional travel have had a near-death experience that led to this life-changing phenomenon or what has been termed a *crisis awakening*. Though this type of energetic travel cannot be measured or assessed with current scientific tools, it is as real an experience as traveling by airplane to visit coveted locations around the world. Higher consciousness lies in the metaphysical realms today only because it is not fully understood or accepted by the people of our civilization and age. Multidimensional travel nonetheless, offers us a gateway to higher and expanded levels of consciousness.

Multidimensional travel is experienced by the individuals who resonate with it, and who possess the health and energetic frequency to endure a temporary separation from the body. It is an intensely personal experience that can occur during times of deep introspection and longing for truth. If my own experience

is a reasonable indication, conscious multidimensional travel can shape our perspectives on broader aspects of human existence. In writing this book, *The Duality of Being*, I aim to pass on to you some of the discoveries I made while my energy body was journeying.

In 2012, I had a conscious awakening and developed the ability to travel out of my body and into far dimensions spontaneously. My awakening occurred during a time in my life of profound sadness that served as a lifting off point. Multidimensional out-of-body travel has been the most awe-inspiring experience of my life. I anticipate this phenomenon to be the penultimate experience of my embodied existence—the *ultimate* experience being my physical death—as my soul has heard *l'appel du vide*, the “call of the void.”

*The Duality of Being* details my life and the convoluted journey I made into higher realms of consciousness through my out-of-body travels. In it, I will share with you the perspectives I've gained that have improved my quality of life, decisions, and relationships. The world we share appears simpler through the eyes of multidimensional travelers akin to myself. Experiencing true consciousness allows me to handle life with a sense of inner calm and understanding. It is only through consciousness that I have achieved inner happiness and a clear sense of well-being. I hope that many of my insights will be similarly valuable and enlightening for you. *True* consciousness is consciousness from the perspective of the soul. Real consciousness is not waking up each day to the physical reality you have created for yourself. Actual consciousness comes from the expanded awareness that you are infinitely more than your physical body and that reality is a concept far beyond our physical world.

Consciousness is not something to be measured but rather to be experienced. To be consciously aware is not something that is learned, it is something that you *are*. It is a manner of being. Conscious awareness does not require you to follow any guru or religious text. It does not require or request for you to go to a mountaintop, to fast, or to otherwise isolate yourself from life. Consciousness requires no tithing, and you are the master.

Higher consciousness is neither an intellectual pursuit nor can its development be taught like a physical skill or subject in school. It is an intrinsic aspect of your being that must be awakened. It is something that is felt deep within. Accessing higher realms of consciousness requires the process of introspection and is a journey taken over many lifetimes.

We can never reach the finish line on the path to conscious awareness as we are ever-evolving beings. The journey is as individual as each person who explores his or her own worldly life experience. As each life path on Earth is unique, so too is our consciousness.

In this book, I can only share my personal experience with higher frequencies of awareness. In doing so, I reassure you that it is possible for you to elevate your frequency as well. Out-of-body, multidimensional travel is available to you should you desire it, but please understand that it is just one of many access points to higher consciousness and alternate dimensions of reality. The journey of awakening your consciousness will be yours, just as the life you lead on Earth is expressly yours. No two embodied souls could have an identical enlightened experience. Your consciousness is for you to unveil.

Similarly, no two individuals awaken in precisely the same way. Though the revelations of your awakening process will be personal, other conscious beings are willing and waiting to as-

sist you in making sense of it, helping you to ease any fears, should they arise. Both earthbound guides, such as myself, and ethereal guides may assist you at various points on your path of spiritual development, but please understand that it is you who must walk the way. A genuinely conscious being may help you to reach the access point into altered states of consciousness and energy travel, but the journey thereafter belongs to you.

Consciousness does not insist upon hours of meditation or other physical practices. Once you can quiet your mind enough to hear your inner voice, you can begin to access this sacred aspect of your being. The wondrous experiences that higher consciousness delivers to you from that point onward will be yours alone to experience.

Please note that there is a distinction to be made between hearing your inner voice and *listening* to it. Imagine hearing the television running in the background as you do your household chores. You can hear the TV, but are you really listening to it? Listening has become a lost virtue in our busy lives and it is harder still in the conscious realm. Listening to your inner voice requires attention.

Listening also demands action. Once you begin to listen to your higher self, you will realize that it has been telling you to do something long overdue. If you are interested in having similar experiences to the ones that I describe in these pages, you must listen and act. The actions required to propel you into conscious awareness will be revealed to you, and you will soon come to realize you already knew what you had to do. All the answers have always been within you.

Reading this book may be the first of a thousand steps you take toward your conscious awakening

Elevating your consciousness is the byproduct of connecting with your higher self, which is the aspect of your being that is connected to the Source energy of the Universe. To experience higher consciousness involves allowing your body to rest peacefully while your energy body “wakes up” inside you. This awakened energy body will serve as the portal to your dual existence. Some people refer to this energy body as the *soul*. It is the part of you that is eternally connected to the Source energy and thereby all of humanity. It is through its aegis that the veil of consciousness is lifted.

Once awakened, the experience of being conscious explains itself. Any being who is truly conscious will not question the existence of consciousness or attempt to use physical instruments to prove it because it is neither necessary nor possible. Consciousness cannot be proved any more than the feeling of true love can. It just is, as anyone who has experienced love can attest. Similarly, consciousness cannot be found in the gray or white matter of the physical brain. Nor does it have a subcellular basis in our neurons. The brain is designed to be in service to the physical body. Consciousness, on the other hand, resides in a nonphysical state. Understanding consciousness is not something one learns or studies. It does not reside within the boundaries of science or medicine. It is a discovery made only from within.

No religion can bring you closer to your inner consciousness. It is only from seeking the truth inside yourself that your individual consciousness can be revealed. The fact of the matter is that consciousness is an introspective journey that occurs over many lifetimes. Some of these lifetimes are spent on Earth, whereas others may be spent elsewhere.

Waking up during the current Earth age is not an experience all living beings will have. The acknowledgment of a greater continuum of existence won't resonate with all beings on the planet in the present millennium. The call to consciousness will resonate only with those who are ready.

Planet Earth is entering a new era where the pace of the development of higher awareness among its inhabitants is accelerating. The acceleration means that more embodied souls will seek and experience some aspect of awakening before their physical death. You will be able to recognize such beings because they will have no fear at the time of their final passing. Instead, they will exude a calm knowingness, an innate understanding. The whole point of becoming consciously aware is to ease your transition out of Earth's third dimension into a higher frequency when you die. The idea, or purpose, if we can call it that, is to elevate your frequency while still on Earth, so you do not carry over dense energy at that time, preventing your ascension to the highest possible dimension you can reach.

We tend to fear death because its nature remains unknown to most of us. However, once we become familiar with and comfortable about what is on the other side of this life experience, the death of our physical form will no longer provoke the same heavy wariness from us that it had in the past. Conscious awareness allows the gravity of death to be lifted. We can feel genuinely happy and show our respect for the life we've experienced and the challenges we've overcome. Each life lesson earnestly learned moves us closer to attunement with the flight-enabling frequency.

Death of the physical body is one of many illusions of the third dimension. The energy body exists in an embodiment (for

example, your physical body or my physical body) so it may mature in certain ways. When the energy body has evolved sufficiently, or as much as it can during a single incarnation, it sheds the human shell and moves on to another enriching experience. It is important to know that shedding the body is nothing to fear. It is the struggle to hold on to the body that creates so much pain. Rest assured that letting go is the easy part.

We assign a lot of meaning to physical death because we do not see it for what it is. Death is a transition, the commencement of yet another phase of existence. Death is to be revered as it essentially represents graduation from one experience and the beginning of another. Finding peace in letting go of the body is understanding that there is infinitely more to experience outside of the confines of Earth.

Being prepared for your final transition off the planet is paramount. The vibrational frequency at final separation helps to define where you land on the “other side” of this life. Make every effort to release as much dense energy as possible, so that when you do transition you are full of love and light. There exist other incarnations that are not as arduous or heavy as this one. There is the opportunity to exist in a light body that enables travel to multiple dimensions. Imagine the experiences you could have exploring the cosmos, meeting new forms of life energy, and rejoining with your various legacy soul groups. Imagine the life you would like to create for yourself, and you can have it. The key is to get out of your own way.

The energetic frequency at which you are vibrating is very important both on and off the planet. Living at higher and higher frequencies allows for ascension at death, as I’ve said, but it also brings with it ease during life. The *letting go* of which I have

been speaking involves the release of dense thoughts and feelings, such as fears and grievances, as well as the detachment from physical things. When you no longer take things personally and allow your feelings to be acknowledged and then released, you will find life to be much more pleasant. (I know, this is easier said than done. We will explore the topic of *letting go* throughout the book.)

Things can be nice to have. Appreciate and enjoy them. However, when the time comes, be free to release all physical things too.

What you are left with after letting go of everything is peace of mind, body, and spirit. Being peaceful does not mean you stop trying or achieving. It means you do all that you can do and release the rest to the Universe. Trust that what you need will show up for you in ways that are perhaps even better than you could have imagined. The Universe wants to serve you. Acknowledge the love and power of the Source of all life. Allow yourself to return to oneness with all that *is*.

As you move to a higher frequency by releasing your heavy baggage, you can expect a sincere reverence for the Earth to emerge. You will find love and understanding for all living things and recognize the Earth's energy as supreme and awe inspiring. The Earth is always in motion, working to elevate the frequency of its own vibration. By elevating your frequency, you, in turn, assist the Earth on its journey because you are a part of the Earth. Know that the Earth also is learning and evolving. You mustn't forget that each human has a role to play in the planet's evolution.

The planet has taken many eons to arrive where it is today. It has sustained much life through cosmic cycles dating back bil-

lions of years. There were more enlightened beings in past Earth cycles than there are today. It is feasible that Earth will again have a greater number of conscious beings inhabiting it, people who will have greater respect for it and all the life it supports. The Earth needs each of us to elevate our vibrational frequency to achieve this aim because, in doing so, we grow more respectful of the planet. Our emotional maturity goes a long way in helping the planet achieve its own ascension.

Once you have elevated your frequency sufficiently to enable soul travel, you will find that conscious multidimensional travel allows you to see people for who they really are, without the burdens they carry in their lives. Because of soul flight, you will come to see the true beauty and love that resonates within all of us. The pureness of love becomes visible. It is only with the heart that we can see rightly. It's only with the heart that we can see inner light. What I mean is that the subjective physical eye does not see the light in the being. Soul light, which is nonphysical, resonates on the heart level.

I am overwhelmed with gratitude and peace within to have had the extraordinary opportunity to take flight while still alive in a human body. I am sharing my experience in this book so that anyone who reads my message will no longer be afraid of physical death. In a manner of speaking, I have "died" a thousand deaths and can now come to you with a description of my journeys into levels of consciousness and frequencies that lie beyond the third dimension we share here on Earth. You may have similar experiences or wildly different ones when you travel out of the body. There is no right or wrong. We each experience travel that is consistent with our frequency and the immediate capacity of our consciousness.

Some people will experience near-Earth dimensions that have religious contexts or other familiar scenes that bring them comfort. Other dimensions experienced may have no earthly counterparts. Most people who engage in conscious soul flight have conscious experiences in their light bodies, particularly at first, while some people transcend Earth's framework entirely and travel as mere points of light right from the start. As you begin your explorations, please remember that you are not in a competition or a race. There are a multitude of paths to higher consciousness, and all paths ultimately lead to eternity. Conscious soul travel out of body is not all there is to conscious awareness. Even if you never consciously travel, do the introspective work to elevate your frequency so that you are ready for the moment of your final transition out of body.

Having made many journeys into multiple dimensions, I now know that this journey to Earth as a physical human being will be my last incarnation in the third dimension. It has been an extraordinary experience.

# About the Author

**Susan Nicholas, M.D., M.B.A.**, is the founder of the Human Consciousness Consortium. She is the author of *The Duality of Being* and a series of illustrated, conscious children's books. She is a Reiki energy healer, conscious life coach, and public speaker on topics of consciousness for SusanNicholas.org. Dr. Nicholas is a former clinical fellow in Cardiothoracic Surgery at Stanford University and General Surgery resident and research fellow at UCSF Medical Center. Susan is a graduate of the University of Iowa College of Medicine (2001) and earned an Executive MBA from Emory University Goizueta Business School (2009). After graduating from business school, Dr. Nicholas founded a healthcare company and worked as a healthcare equity investment analyst. Susan began her career as a pharmacokinetics chemist at Mylan Pharmaceuticals. She is a French language and culture enthusiast, enjoys organic baking, running, swimming, and playing the violin.

Susan lives in Atlanta, Georgia, with her son.



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of Consciousness.*

*In love and light,*

**Susan Nicholas, MD**