

## Introduction

Most people understand parallel reality as an alternate universe where you are living a very different kind of life, unlike what you are doing on earth now. Movies like Doctor Strange: Multiverse of Madness, Everything Everywhere All at Once, etc. depict the common understanding of alternate universes. But parallel realities are much more than that! The underlying principles of “The law of attraction”, “Manifestation”, “human imagination” and “teleportation” are based on the fundamental mechanism of how parallel realities work. Once you understand this, manifesting wealth and abundance in your life or even teleporting to a different planet will become easy to do in real life!

This entire book is written based on my understanding of parallel reality from my own channeling and the channelling transmissions of Bashar, Ryok and from the book ‘Conversations with God’ by Neal Donald Walsh. Wherever I couldn’t understand something, my spirit guides have helped me comprehend these complex concepts. For those who are not familiar with Bashar, he is a quasi-physical, extra-terrestrial, and extra-dimensional being from a civilization named Essassani (near the constellation of Orion). Ryok is also from the same civilization. They are from the future (years 2300 -2400). Bashar’s civilization is advanced in science and technology and has a humanoid form because they share genetic components with us. But they exist in the 5<sup>th</sup> dimension as spirits or non-physical beings because they ascended spiritually and transformed their physical bodies into becoming quasi-physical beings. They have come to help us in our ascension to the New Earth. Our present-day science and technology do not explain the metaphysical concepts shared by Bashar because we haven’t discovered these things yet.

I will break down the parallel reality concepts into multiple parts so that each part can stand on its own and can be explored in much more detail. This will give you a complete picture of how parallel realities work and how to use this newfound knowledge to manifest what you want in life.

There are no chapters in this book. It is more of a conversational explanation that answers a question. This helps keep each section short and gives you enough time to grasp what it means. Each section builds on the previous ones. So, it is recommended that you don’t jump sections to read the most interesting parts because it won’t make any sense.

Some of my readers have commented that they take a few days simply to process one paragraph that they read. Because these are very complex and mind-bending concepts condensed in the simplest form in as few words as possible. It is years of research distilled into a bite-sized, digestible format. I have also added illustrations as and when possible and continue to add them in the revised editions when readers ask for visual explanations.

This book will transform you into the best version of who you are! I promise you that. I can say this in full faith that this book is a gift from God to you, as it was to me, and it showed up in your life when you needed and wanted it the most.

It gave me great joy to write this book. My guides have instructed me to share what I know about the universe with great urgency. This book would open new portals and dimensions in your consciousness and create positive growth in you. I’d recommend you read it 2-3 times at least; each time you read the book, you will understand the concepts in a new way. Absorb a deep understanding of the universe so that you start creating your reality from a place of love and joy. Because you are a powerful creator; you ARE the GOD. Enjoy!

P.S: I am not affiliated with Bashar Communications or Darryl Anka, Tyler Ellison or Neal Donald Walsch.

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## PARALLEL REALITIES

(V1.3, Last updated on – 24-November-2023)

BY MOUMITA PAUL (support@abetterliving.co)

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### Why should I care about parallel realities? What does it have for me?

That is such a good question that someone had once asked. I will answer these briefly here and then explore each of these individually later in the book in much more depth. Don't worry if you are not able to understand something in this particular section. Continue reading the next section and everything will become easy to understand. So here are a few things that you could potentially do if you understand parallel realities:

1. **Manifest abundance or anything in your life:** The law of attraction governs how parallel realities work. Once you understand it, manifestation will become easier to do. For those who don't know what manifestation is – it means making something you desire appear in your life. People use 'manifestation' to create wealth, good health in life, find new relationships, etc.
2. **Learn how you are teleporting all the time:** Yes, you are doing it even now as you are reading this! It is a very natural process like breathing and you are not even teleporting consciously. This will be explained in detail in the later chapters.
3. **Time travel to any era:** The mechanism of time traveling is same as teleportation. Check the table of contents to jump to that section.
4. **Acquire and activate special abilities from your parallel selves:** You can also channel your parallel selves into you to acquire new abilities temporarily (a concept explored in the movie 'Everything, Everywhere all at once'). Though the movie showed weird way to activate that ability. Channelling is not that complicated.
5. **Take advice from your future self and change your life radically:** Whenever you are stuck in life, you can use your imagination to connect to your future parallel versions and get answers for your current predicament. You can use that advice to improve your present life for better.
6. **Access, change, alter past memories:** What you think to be your memory is not actually yours. Those events of your past selves. You are accessing it consciously because you are connected to your past parallel versions. You can alter those memories and alter your past.
7. **Your future is not fixed:** Unlike what we know about 'destiny' or 'fate', the knowledge of parallel reality allows you to change your future as and when you wish to. Because you will learn that your future is not fixed but only one of the billion possibilities you could become.

## What is parallel reality?

Let us begin with the definition of reality first before we even go into parallel reality. Reality is how things exist as it is. Rather than how they 'appear' to be or can be imagine to be. But the funny thing is no one knows how do things actually exist in reality. Because what we think to be an 'objective truth' about something is really....a subjective perception of who is observing it. In other words, there is no objective truth in the universe. Everything that you know or see is subjective to your perceptions.

Let me use an example: let's say someone posted a video about spotting an alien on Youtube. Now the fact is an alien was spotted. But when you observe that news, you may not accept it. You may deny it saying it is CGI or some kind of terrific video editing. Because probably in your belief systems, aliens don't exist. So, despite the evidence, you may perceive that video as some random person wanting to gain viral views. Or a government conspiracy. Or something that could be mistaken for an alien. Or truly an alien sighting. So, in 'your' reality, your experience of this video will be completely different from someone who has a different view point. That is why, on social media, one video can garner multiple perspectives from different people. Because each person has their own opinion about what actually happened.

But who knows what actually happened? Did the person really post an alien video? Or was it a photorealistic video editing? With advancements of AI, that is not very far-fetched to imagine. So, as you can see, the experience of reality is going to be very different for each person who observes it. Irrespective of what it actually is.

Now that you can see that there is a possibility of multiple interpretation of the same thing. To come back to our context of parallel reality, a parallel reality is another reality that exists which is different from what you know to be true as of now. And it is as real as your current reality is. But you may not experience it because your 'perspective' only allows you to experience 'your' reality. Not the other parallel realities (possibilities). That is why you don't even know it exists. Because it is not visible to you.

To use the same example, let's just say there was a way to figure out and prove that the video footage the person posted on Youtube was actually a highly edited video. But that does not negate the possibilities that there could be other variations of this truth that happened which you didn't get to experience. Say in some reality you may have actually seen an actual alien footage. Or in another reality you may have observed a well fabricated conspiracy. All those realities exist in parallel with the one you are experiencing now. But you can only perceive the one you are in. Because 'your' perspective is not as same as the other versions of you experiencing those realities.

## Wait... there are other versions of me??

Yes! Every moment you are choosing to be one version of you from the billions of possibilities of you that exist. This choice is very unconscious for a majority of you. With every choice, every action, you are choosing to be a very specific version of you from all the parallel realities available.

Think of it as the movie Matrix where Neo is given a choice –choose the red pill or the blue pill. And there is no going back whatever you choose. Choosing the red pill will set you up in a particular life path. Choosing the blue pill will take you on a different path than the red pill. Except that in parallel reality, this choice is being made by you every moment. Every moment you are defining yourself who you choose to be, consciously or unconsciously. And based on that choice, you are going to experience a specific life path.



In fact, every moment you are defining a new life path. With every word, every choice, every decision, every action that you take, you end up moving to a different timeline. There is no fixed future. You are always defining your future from the very moment of now.

### Then how many versions of me exists?

There are billions of versions of you that exist in one moment. You can choose to be only one. Let's play with another example: let's say you are walking down the park. You see an ice cream van. At this point, there are billions of possibilities to choose from – say in one reality you actually walk up to the van and buy an ice cream. Say in another reality, you decide to not eat any ice cream and continue walking. In some other reality you decide to eat an ice cream but you are interrupted by a phone call and by the time you finish talking, the van is gone. Or in some other reality you approach the van but the van was a bait to kidnap you.

In this way, you can imagine any version of what could happen to you in that situation. And all of those possibilities can happen. Those possibilities actually are real and existing in the quantum field, waiting to manifest. So, each one of those possibility is a parallel reality. And you will experience only one of them, and never get to see or experience the other possibilities. Which one you will experience will depend on who you define yourself to be in that moment.

### Wait, how am I defining myself in that moment? Or in any moment at all?

Most of you are not defining yourself consciously. It is an automatic process that you are not aware of. Your state of being is your definition of who you are. State of being means a combination of your belief system, thoughts, emotions that allow you to define who you are at that moment.

Suppose in your childhood you were always rewarded with an ice cream if you did something nice. And you felt good. Now it may have become your belief that reward = ice cream. When you see an ice cream, this reward center in your mind lights up. It fills you with joy. Then upon seeing the ice cream van, your state of being would shift to 'excitement'. And based on that state of being, you will make a choice.

This is just one example of how your state of being is defined by how you perceive things and your emotional response to it. There could be many other versions of you who will not make the same decision and hence not have the same experience as you. Because when they see the ice cream van, they didn't 'feel' the same thing and have the same thoughts as you. They might have been pre-occupied with some other thought and had been in a different mood. That would create a different reaction to the ice cream van.

Their decision can also be 'slightly' different than yours. Like they can jump towards the ice cream van instead of walking. And even the slightest difference in their state of being and actions would create a whole new different reality experience for them than yours.

### Okay so I defined myself unconsciously and experienced that specific reality. Now what?

So now that you are defining yourself unconsciously every moment, changing it every moment and hence changing your state of being every moment. And that change is reflecting in a change in your 'vibration' or

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(V1.3, Last updated on – 24-November-2023)

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frequency at which you are vibrating (you are made of energy, hence can be measured in frequency). This change of vibration is now attracting parallel realities frames that is matching your vibration. They are appearing at a lightning speed, billions of times per second, and moving through you. You are attracting and materializing yourself and your environment this way, frame by frame, at a tremendous speed.

Look at the image below. Each sketch is one frame. The one which has manifested now is the one with black border. The ones in green are waiting to manifest. The red ones have already been manifested and now are your 'past'. You are manifesting yourself and everything around you, frame by frame at a speed so great that it feels like a smooth animation of reality that you see yourself to be in right now. You cannot see the other frames but only ones which has materialized right know.

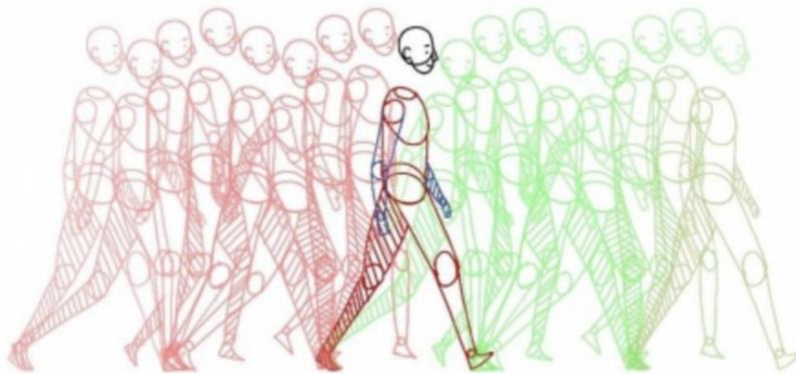


Figure 1

Image credits: Marvin Te

### What is a parallel reality frame?

A parallel reality frame is essentially a single, motionless, 3D snapshot of a reality. The size of that reality depends on the size of the observer (and the size of their higher self-container). Each parallel reality frame contains the static positions of everything around you, before you can even move any part of your body or even take a breath. In other words, it's like a single photo or frame that contains everything in it, frozen in time.

There are zillions of parallel realities that coexist together. Every single frame contains not only your body but also everything around you in its unique position.

We don't experience these parallel reality frames one by one individually. These frames move through our consciousness billions of times per second. In other words, the consciousness occupies one frame at a time and takes  $10^{-43}$  seconds (10 to the power of minus 43 seconds, which is close to Planck's time) to travel from one frame to another. Each parallel reality frame's width is planck's length ( $10^{-35}$  Meter).

We experience this as a constant, smooth animation like the way we live. Just like movies in older times used to be animated - a rapid succession of multiple frames. That gives an illusion where there is no gap between the frames. Creating an illusion of solidness & continuity. When in reality these frames are neither solid nor continuous.





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Each frame is separate. Each frame is made of energy and has a unique & measurable frequency or vibration. When the energy frequency is low (a.k.a low vibration), it vibrates slowly and feels denser. Which creates an illusion of solidness. Our three dimensional reality appears solid because energy vibrates very slowly in this dimension.

Each parallel reality frame is separated from the other frames by having a slightly different frequency or vibration. That's why not all of them can be perceived at the same time. Only the ones to which we are a 'vibrational match' to will be visible to us. Rest of them will be invisible, imperceptible in the 'quantum realm'.

All of the realities "exist here and now". Meaning what we consider as the 'past' or the 'future' actually exists right here and now, simultaneously alongside our reality. But they are invisible.

"Everything exists here and now" is the second law of creation which means that all creations are occupying, living, and are in live action in the same point of time and space. In other words, time and space don't exist and each of those realities are overlapping and coexisting with each other. They are invisible to each other because their vibration is different from each other.

To help you with an example, the realities of Cleopatra, Hitler, Dinosaurs, the Ice Age, World War 1 and 2, Covid 19 are all happening, live, right here and now. But we cannot see or experience them because we are not of the same frequency as them.

### Am I living in a parallel reality of my own?

Yes! Take a look at figure 2 below. To understand better, think of the parallel realities (frames) shifting through your consciousness one by one, billions of times a second...like a frame-by-frame movie animation.

**How we experience parallel reality:  
Past, present, and future frames (realities)  
existing at the same time. Future & past are invisible  
until you match the vibration**

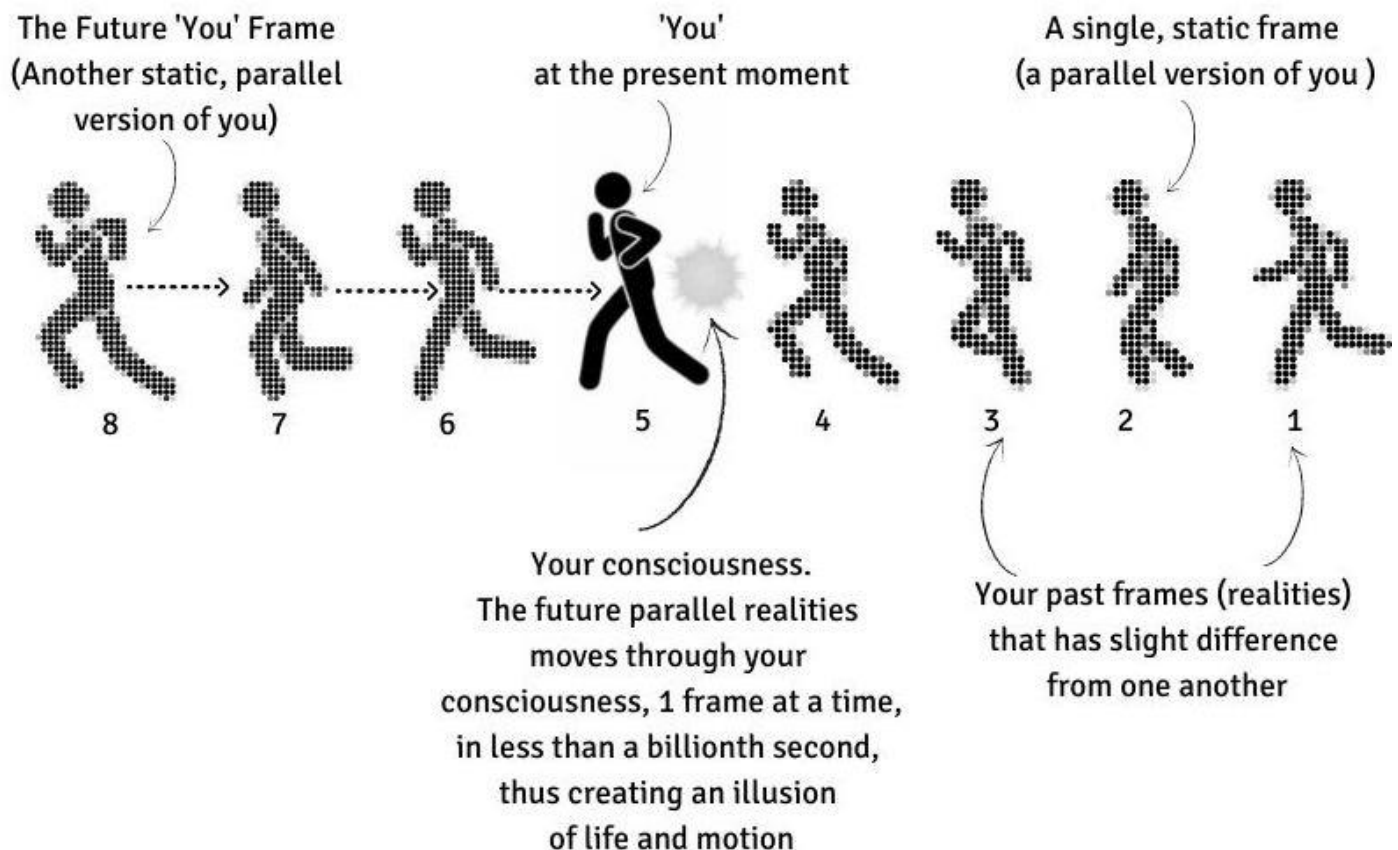


Figure 2

As per figure 2, your consciousness is occupying Frame 5. Frames 1 to 4 are your past frames which have already passed through your consciousness and you may not experience them again. Frames 6 to 8 are your probable future frames that will pass through your consciousness because they are a vibrational match to your current frequency. The moment you become an exact match to one of these frames, it passes through you. It manifests in your reality!

Every moment you are rapidly changing your vibration and matching the frames one by one. They move through you very rapidly, thus giving you an illusion of motion and a fluid experience of your present reality. So, you are not technically moving from one place to another. But the realities/frames are moving through you. That is how you are shifting through billions of parallel realities in a second.

### What happens when I am sleeping?

Even if you are sleeping or sitting still, you are still moving through billions of parallel realities. In such cases the difference between one frame and another is so minuscule that it looks and feels almost the same,





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hence giving an illusion of being still. Yet each of your frames is different from the other and is still passing through you, giving you an illusion of continuity.

Remember you are never still or not in motion. You are part of Earth, which is also moving through its own parallel reality frames in the galaxy along with the sun. The sun is also moving through a galactic orbit, moving through its own parallel reality frames. Even if you are motionless on the surface, the Earth is carrying you forward through billions of frames per second.

In a sense, you could say each parallel reality exists in a specific location in the universe. And as the Earth moves, you are taken through the parallel reality frames located at specific points in the universe. Even if you were not on Earth, you'd still be moving. Because you would be inside a galaxy that is darting across the universe, hence making you move along with it. Nothing in the universe is standing still.

**Wait but you said all parallel reality frames exists now and here? That contradicts having the frames distributed across different locations.**

Yes, everything exists here and now. But you have created an illusion of space and time to experience the 3-dimensional reality through a linear timeline of past, present and future. If you move up in higher dimensions, you will notice everything exists right here and now (including your past, present and future) and there is no separation.

Look at the image below. The Earth moves along with the sun and moves in spiral in space as shown in the image below. Its path is shown in blue lines. The red check points on the blue lines simply indicative the path through which Earth was traveling across space. Imagine having billions of parallel versions of you at each check point. On billion parallel versions of Earth in that one location. But you chose to be only on one version of Earth from all of them. And your other parallel frames are also located in other checkpoints, on other versions of Earth. They are moving through you as and when Earth moves. You are choosing which ones will moves through you with your state of being. Technically you are jumping Earths through teleportation! This is how the Earth is also moving through its own parallel reality frames. Actually, the universe moves through you but the illusion gives a feeling of you or the Earth moving through the universe.

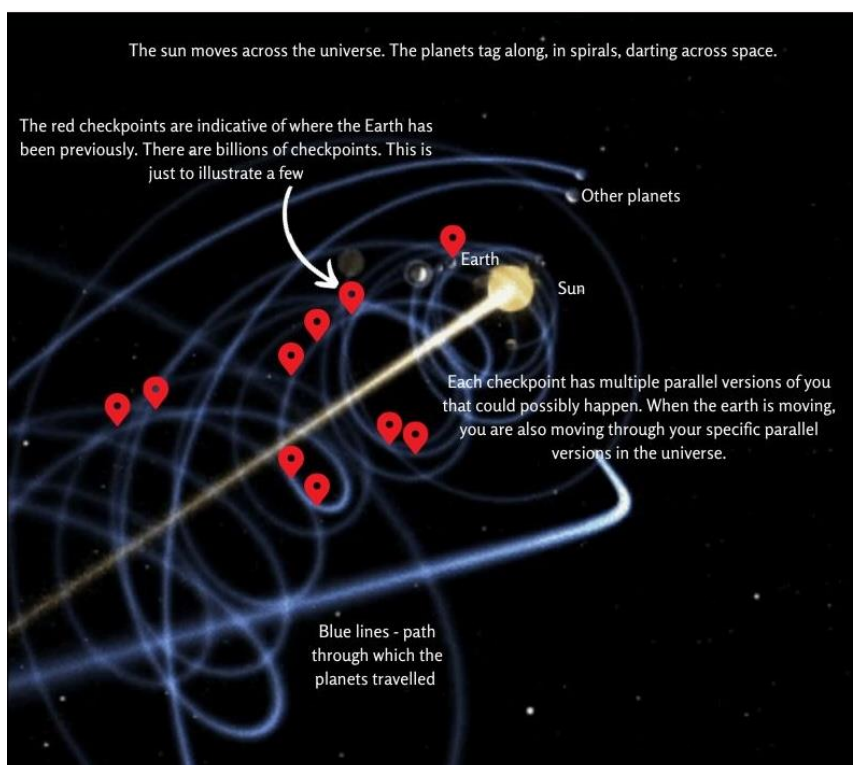


Image credits: 4gif & reddit

## What happens when I die?

When you die your soul goes back to its original form, the spirit form in the 5<sup>th</sup> dimension. You leave behind your body. You are eternal, and always have existed and will continue to exist (1<sup>st</sup> Law of creation: You exist). You just change forms - sometimes you are physical, sometimes you are spirit, and so on.

From the parallel reality perspective, after dying, your consciousness moves through parallel reality frames of a spirit instead of moving through a body. But your other parallel versions may still be alive in other realities and will be living out different outcomes and lives. That's because your soul is unique and has only one consciousness. That one consciousness moves through these static parallel versions. Your future selves are also parallel reality versions, who you eventually 'become' by inhabiting those frames. And then move on to a new frame. You inhabit one frame for only one planck time ( $10^{-43}$  seconds).

Your parallel versions have their separate souls who can also move through other parallel reality frames. In other words, one parallel reality frame is reusable by other parallel souls of you.

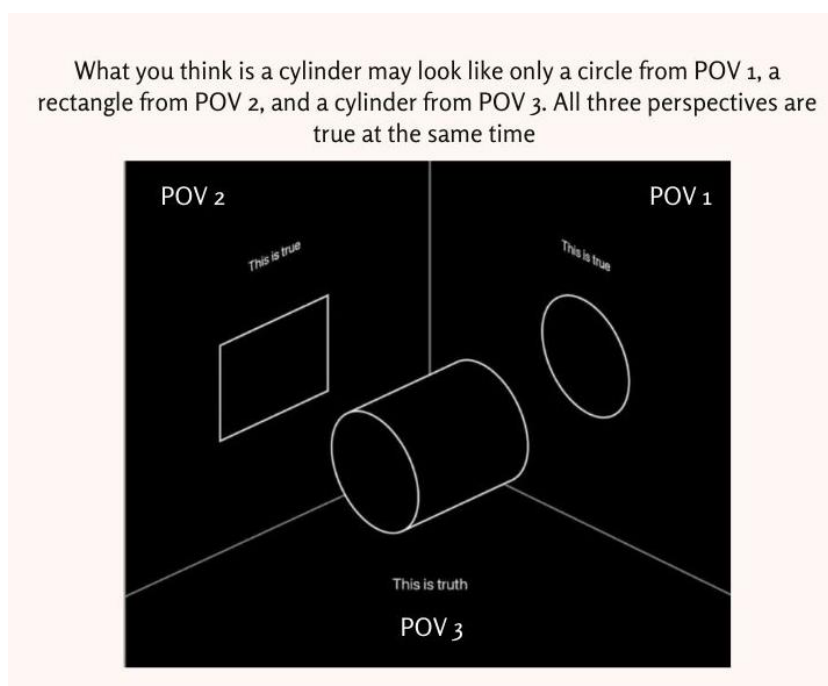
## Why do so many parallel versions of me exist?

Your different parallel versions exist because the "oversoul" wanted to experience all possible permutations and combinations of what your life could be when you existed. And it gives you free will and the choice to experience any of those parallel lives if you want to. You are in charge of your life, creations, and experiences. At all times. Nobody can force you to do anything unless YOU want to. Even the 'so-called' negative situations that happen in your life were chosen by YOU (your higher self) for you to experience growth. And since all your parallel versions exist simultaneously, the oversoul gets to

experience, learn and grow from all those lives at the same time, simultaneously. The idea of the higher self and oversoul will be explained in the later chapters.

### Why do I exist?

The whole point of our existence and creation is for God/All that is/Source (whatever you want to call it) to experience all aspects of itself from every point of view/perspective that could exist. It helps the Source/All that is/God realize “Who it is”. Even God doesn’t know itself, experientially speaking, and wants to experience who it is through you. In a sense, you are in God’s body and also one of God’s unique perspectives. God wants to see and experience itself from every possible angle to understand itself. You are one of the perspectives through which God experience itself. Each parallel reality is one unique angle or perspective of looking at God in that sense. If you have trouble understanding perspectives, look at the image below. Point of View is POV. Your POV defines what you experience at that moment. But if you change the angle from where you are observing, your perspective will also change. So, a change of perspective or POV requires a change of physical location. Hence each parallel reality frame is a different physical location in space. No two parallel reality frame is in the same exact physical location.



Whatever you experience/feel is what God experiences. If you are sad, God is sad. If you are happy, God is happy. Because you are a part of God and are connected. You never left God and you are pretending to have forgotten who you are. You are living a ‘dream’ while being inside God so that you can rediscover yourself and experience yourself from different points of view each moment. Each separate point of view is one parallel version of you. No two ‘points of view’ are ever the same. If they were the same, they wouldn’t exist. That’s why your perspective matters. Otherwise, God wouldn’t have created you. God wants to experience all things that it is and could ever be through your existence.

### Do objects, trees, and animals experience parallel realities?

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Yes. Since each parallel reality frame contains everything in it including you (as shown in Figure 1), it also contains animals, other humans, objects, solar systems, stars, universes, and everything in it. In other words, just like you, even non-living things are also experiencing a movement of multiple parallel realities through them billions of times a second. For non-living objects, the difference in their physical bodies in each reality usually changes by a few atoms and sometimes more (like dust collection, erosion, or being moved by someone, etc). Hence, they look like sitting in one place forever, but they are still not the same every moment.

Every person, every being, and even inanimate objects have trillions of parallel versions of them. We only meet those who are a vibrational match for us. Our realities don't exist separately in isolation. Our realities are like tapestries or paintings, existing with one another as a whole. Or in the context of realities experienced by others. Say even if an astronaut is landing alone on a new planet, the astronaut's parallel frames are a part of that planet's parallel reality frame. So, the astronaut would have never landed on that planet if none of the planet's parallel reality frames contained the astronaut.

If you are wondering why would realities move through physical objects if the objects don't have consciousness, then the answer is everything is made up of consciousness. Consciousness is energy. Everything is energy. It's just that not all consciousness is experienced the same way. Not all energy has the same density, frequency, or form. So, a planetary consciousness will have a different experience than a tree or a human consciousness. Nevertheless, everything that exists in the universe has a consciousness and experiences multiple parallel realities as part of the collective whole.

### Is matter made up of energy? How does that affect our experience of parallel realities?

The matter is the densification of energy into a solid state. Einstein's equations prove this when you reverse the equation  $E=MC^2$  to  $M= E/C^2$  (Meaning mass = energy/ square of the speed of light). I.E., it takes a tremendous volume of energy to condense and become a tiny spec of "matter".

To understand how 'matter being energy' changes what we experience in our parallel realities, let's understand physics. In quantum physics, particles at a very micro level stop behaving like matter but has both wave and matter properties (duality). Meaning: matter has wave-like properties at a fundamental level. Particles exist in multiple states and locations at the same time when not observed. As per the quantum superposition principle, when particles in a quantum system are observed, only then it collapses into a single state. Meaning: the body is made up of energy and exhibits wave-like properties, when NOT OBSERVED. But when a body is observed by someone or even the self, it takes a specific solid appearance based on who the observer is. In other words, a specific parallel version of the body becomes visible to the observer, based on who he/she is at that moment. The thing observed has to match the vibration of the observer.

So, the same person can appear different to two different people because those two people have two different points of view. This allows every individual to experience people, objects, environments, and other beings in a very different way than another person just beside them. No two people view, observe, judge, or experience the same person or object in the same way. Even if their perspective is very similar, there will always be a slight difference between the experiences of the two observers. Sometimes these differences in observation of the same thing can be so vast, that they can create wars.

## PARALLEL REALITIES

(V1.3, Last updated on – 24-November-2023)

BY MOUMITA PAUL (support@abetterliving.co)

So, 'matter' being 'energy' allows it so much malleability that it can take any form. This probabilistic nature of matter creates endless ways for it to exist. Which causes so many parallel versions of us to exist simultaneously. No matter whose perspective you can imagine, a version of a parallel reality exists from the point of view of that individual perspective. For example, if I am a fat, straight, black-haired woman in India now, then there is a parallel reality where I could be a skinny, gay, blond-haired man living in South Africa. Yes, we can even change our gender in some parallel realities. That is how transgender people change genders in one lifetime and become a totally different parallel version of themselves. Since all parallel realities already exist here and now, we have great freedom to change our vibration and become whoever we want to be. Meaning our consciousness can shift through any parallel reality that we can imagine, provided that reality is relevant to our life theme.

P.S: Every individual perspective is unique, and 'Source', God, or 'All that is' wants to experience each of those unique perspectives to realize and understand who it is. And hence each individual's perspective is valid.

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