

## 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 the channeling transmissions of Bashar. 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). He is from the future (3000 years). His civilization is advanced in science and technology and has a humanoid form because they share genetic components with us. 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 in manifesting 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. It gave me great joy to write this book. My guides have instructed me to share what I know about the universe. 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, it will open new portals and dimensions in your mind. Absorb a deep understanding of the universe so that you start creating your reality from a place of love and joy. Enjoy!

## Table of Contents

<b>INTRODUCTION .....</b>	<b>1</b>
<b>WHAT IS A PARALLEL REALITY? .....</b>	<b>2</b>
<b>AM I LIVING IN A PARALLEL REALITY OF MY OWN? .....</b>	<b>4</b>
<b>WHAT HAPPENS WHEN I AM SLEEPING? .....</b>	<b>5</b>
<b>WHAT HAPPENS WHEN I DIE? .....</b>	<b>5</b>
<b>WHY DO SO MANY PARALLEL VERSIONS OF ME EXIST? .....</b>	<b>5</b>
<b>WHY DO I EXIST? .....</b>	<b>5</b>
<b>DO OBJECTS, TREES, AND ANIMALS EXPERIENCE PARALLEL REALITIES? .....</b>	<b>6</b>
<b>IS MATTER MADE UP OF ENERGY? HOW DOES THAT AFFECT OUR EXPERIENCE OF PARALLEL REALITIES? .....</b>	<b>6</b>
<b>HOW DO WE MOVE THROUGH PARALLEL REALITIES? .....</b>	<b>7</b>
<b>BASHAR SAYS WHAT WE SEE AND EXPERIENCE ABOUT OTHER PEOPLE, ANIMALS, TREES AND BEINGS ARE 'OUR VERSION' OF THEM. EXPLAIN THIS. ....</b>	<b>10</b>
<b>HOW DO WE CO-CREATE REALITIES? .....</b>	<b>11</b>

HOW MANY REALITIES ARE THERE IN MY TIMELINE? HOW AM I MOVING IN MY TIMELINE? .....	11
IF WE ARE CHANGING OUR VIBRATION EVERY MOMENT, CAN I CHANGE THE ASTROLOGICAL PREDICTION ABOUT MY FUTURE? .....	13
HOW MANY DIFFERENT PARALLEL VERSIONS OF ME EXIST? WHAT DO THEY EXPERIENCE? .....	13
WHAT IS IMAGINATION? HOW IS THIS RELEVANT TO PARALLEL REALITIES?.....	14
WHAT IS MANIFESTATION THEN? .....	15
HOW DO I MANIFEST MY DESIRES? .....	16
HOW AM I SHIFTING TO A NEW EARTH EVERY TIME I AM TAKING ANY ACTION? .....	17
HOW IS QUANTUM PHYSICS RELATED TO PARALLEL REALITIES?.....	20
WHAT IS THE NATURE OF REALITY? .....	20
WHERE DO THESE PARALLEL REALITY FRAMES RESIDE? .....	22
WHY IS MY MANIFESTATION NOT HAPPENING?.....	22
WHAT IS TELEPORTATION AND HOW DO WE TELEPORT? .....	23
HOW AM I MANIFESTING A DIFFERENT VERSION OF MY FAMILY OR SPOUSE OR COWORKERS EVERY MOMENT? .....	24
HOW ARE PEOPLE APPEARING IN MY LIFE? AND WHY DO THEY LEAVE? .....	25
WHAT ARE MULTIVERSES THEN? .....	26
.....	27

## WRITING UNDER PROGRESS FOR TOPICS BELOW THIS POINT!..... 27

HOW ARE THESE PARALLEL REALITIES OCCUPYING THE SAME SPACE AND TIME? .....	27
HOW TO PREDICT WHICH PARALLEL REALITY WE WILL BE PART OF? .....	27
IF SPACE IS NOT REAL AND THERE IS NO DISTANCE BETWEEN US, THEN WHY IS THERE A DIFFERENCE IN OUR LOCATION?.....	27
WHAT ARE THE 5 LAWS OF CREATION? .....	27
WHAT ARE LIMITING BELIEFS? .....	27
HOW DO WE GET RID OF LIMITING BELIEFS? .....	27

## What is a parallel reality?

A parallel reality is a single frame or a static and living 3D photo/snapshot of the entire universe (and beyond) at a given moment, including you. Meaning a single, motionless, position of you at any given moment (before you can move any part of your body or even breath), the motionless locations and positions of everything around you, the universe and beyond is one parallel reality. It's like a single photo/frame containing everything in it.

There are zillions of parallel realities that coexist in the same time and space. One reality can be different from the other just by a single atom. Or they can be so vastly different that they don't resemble each other anymore at all. And there are billions of versions of realities in between those two variations and more. Every single frame contains not only your body but also everything around you in its unique position. It also contains everything else beyond your surroundings, including the snapshot of the universe and other universes beyond you. Each frame is like a 3D version of a photo with everything in it as shown below in Figure 1.

We don't experience these parallel realities one by one individually. The parallel realities of our body along with our immediate surroundings 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.

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. This will be explained in detail in the next topic.

## The entire frame/reality in a single moment (Look from bottom up)



Figure 1

Each parallel reality is separated from the other 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. 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 is 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. The concepts of vibration/frequency difference will be explained later.

## 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**

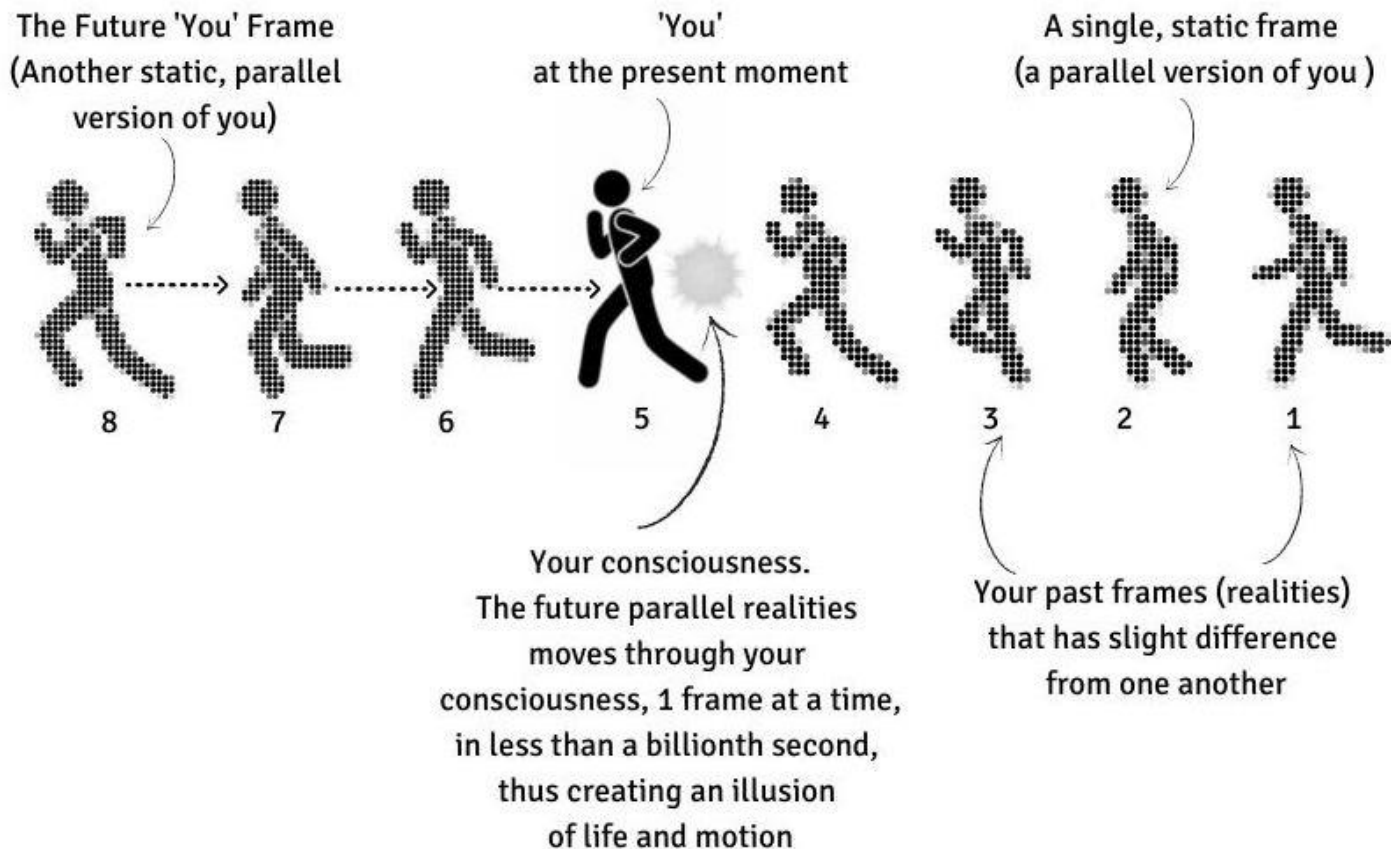


Figure 2

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 never 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. 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, 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.

### 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 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 the 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. Your parallel versions have their separate souls who are experiencing those parallel reality frames. During your lifetime you can "become" the other parallel version of yourself if you choose to. Your future selves are also parallel reality versions, who you eventually 'become' by inhabiting those frames.

### 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 life 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 God's body. 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 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?

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). Means: 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, 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.

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 think of, 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. 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 the '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.

### How do we move through parallel realities?

So now that we understand how the parallel reality frames move through us, let's explore how these frames are attracted to us in the first place. The parallel reality frames use the law of attraction to move through us. This is where we need to understand the "Law of Attraction" first, which is one of the 5 laws of creation. Once we understand this law, we will see how parallel reality works.

***The Law of Attraction states that – "What you put out is what you get back"***. In other words, it means – "Like attracts Like" or whatever state of being you are in, you will attract those kinds of things to you. Our state of being defines our vibration. And we will attract whatever is of the same vibration as us. Let's go deeper into this.

Our state of being is a combination of our beliefs, thoughts, and emotions. Beliefs usually reside in the subconscious or unconscious levels of our brain. The quality or kind of thoughts we generate primarily depends on the kind of beliefs we have. Our emotions are also a response to the belief system that we have. Sometimes even before you have had a thought, you will feel an emotion. E.g., a feeling of shock where your mind draws a blank and has no thoughts. But you feel weird. That's because when you observe any event, you are filtering it through your belief system and assigning meaning to it. The meaning that you assign to an event (e.g. positive or negative) evokes a specific emotional response in you. Positive belief = positive emotion (i.e., joy, love, hope, etc). Negative belief = negative emotional reaction (i.e., fear, hate, anger, etc). Your belief systems decide what kind of meaning or perspective you will have when you observe an event. No two person's beliefs or perspectives are ever the same. You are unique in that way.

So, this is how your state of being in that moment reflects your current beliefs, thoughts, and emotion. A positive belief thought and emotional response creates a positive state of being. A limiting belief, negative thoughts, and unhappy emotions create a negative state of being. When you can change your beliefs, you can change your thoughts and emotions because your perspective changes with your beliefs. Your outlook towards life and how you assign meaning to events, people, and things depend on your perspective. Your perspective is influenced by your belief system.

Now your state of being has a specific “frequency” and can be measured in cycles per second. This frequency is commonly known as ‘Vibration’ or “vibes”! When you are in a positive state of being, you are in a higher vibration. When you are in a negative state of being, you vibrate at a lower frequency or lower vibration.

High vibration means less density because the atoms of the body are vibrating at a high frequency and hence have more space between them. The body and the consciousness are in an expansive state when the frequency is high. So, when you have a higher vibration, you will feel “lighter” or more joyful. Because all positive emotions also have a high-frequency vibration and make the body less dense and lighter. Low vibration means low density. Meaning the body becomes thicker, denser, or heavier when it is vibrating at a lower frequency. Constantly having negative emotions correspond to lower density and hence having a low vibration. The image below (Figure 3) will give you a representation of the vibrations of these emotions. This emotional guidance scale was shared by [Abraham Hicks](#), another channeled entity, by Esther Hicks.

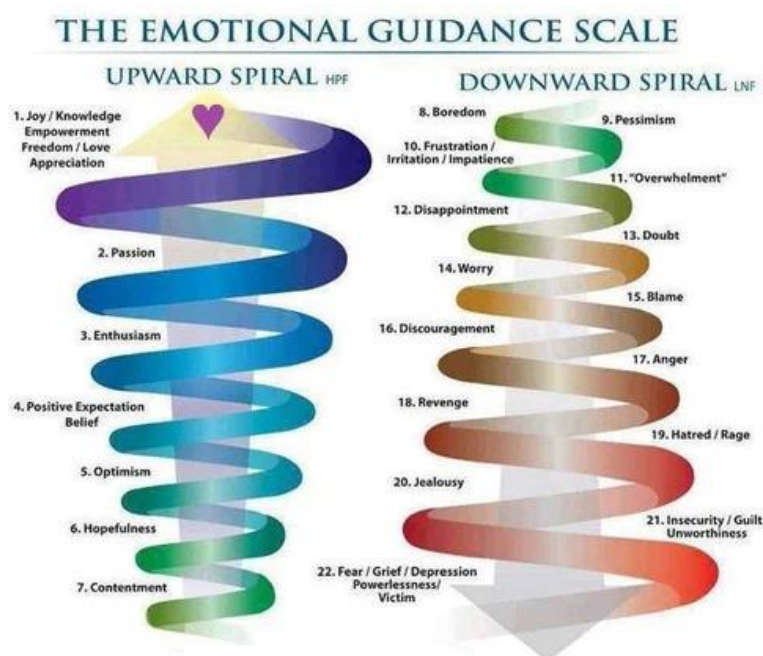


Figure 3

The state of being changes from moment to moment and is not a fixed vibration or frequency. That’s because your thoughts and emotions also fluctuate from moment to moment. Sometimes you are happy and sometimes you are sad. Hence having a negative emotion once doesn’t mean you are doomed to a low vibration forever!

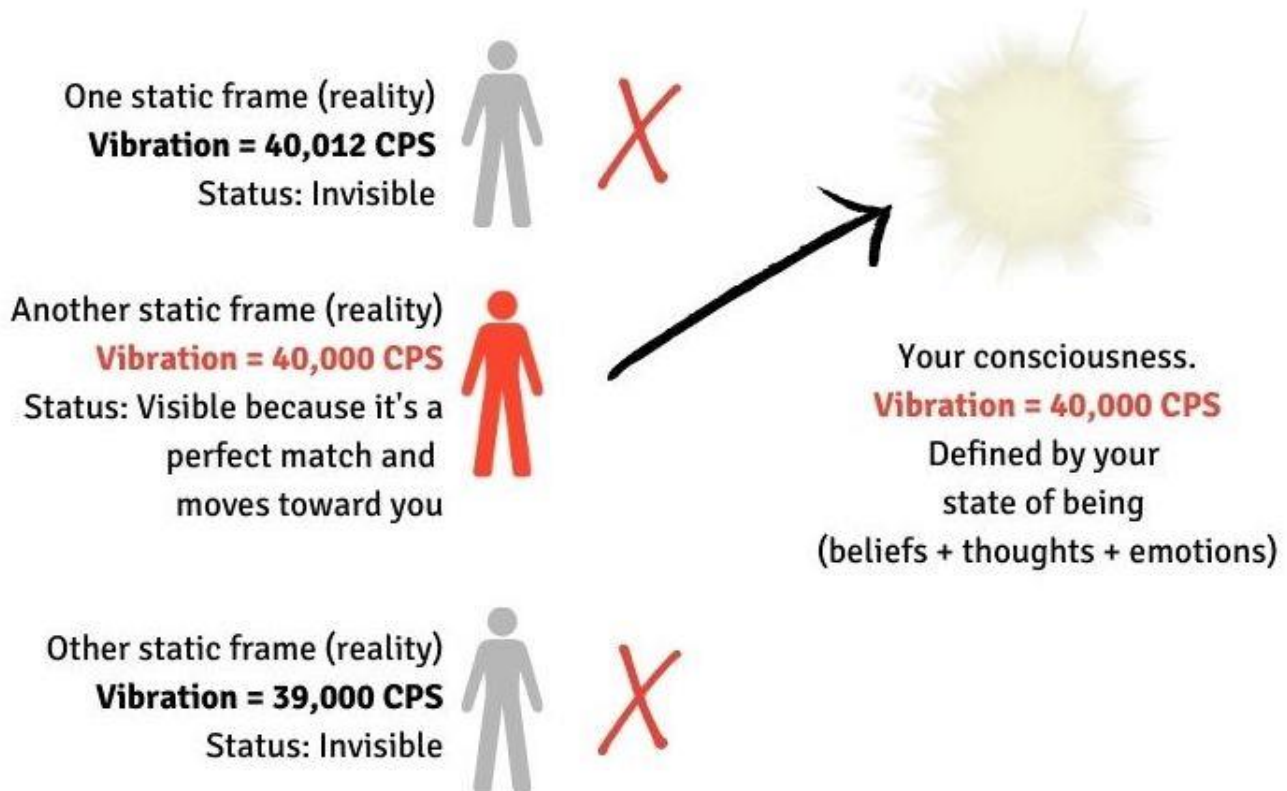


Your current beliefs determine the threshold of the lowest vibration that your body or emotions can fall into. Similarly, your beliefs also determine the highest threshold of positive emotions and vibration your body can experience. An average, unenlightened person would experience an average frequency of 40,000 – 70,000 cycles per second. Their vibration is in the lower range because they have loads of limiting beliefs, which create a ‘not-so-happy’ life experience from moment to moment. Those who have spiritually awakened or have started doing some form of “inner work”, “shadow work” or created some sort of self-awareness, can experience a vibration of 150,000 cycles per second or above. Those who are on the path of spiritual ascension can experience a stable vibration range of 180,000 to 220,000 per second. When you experience a negative emotion when your vibration is at, say, 200,000 cycles per second, it may go down to 180,000 per cycle at that moment. But it won’t go as far as 70,000 cycles per second when you are experiencing a negative emotion. Because your current beliefs are not as limiting or dense as someone who is constantly experiencing a frequency range of 70,000 cycles per second. And your vibration will again raise to 200,000 cycles per second or more in the next moment if you go back to your neutral state or a happy vibration.

Quasi-physical beings like Bashar’s civilization vibrate at a frequency of 330,000 cycles per second or higher. The frequency of 330,000 cycles per second is the boundary or limit where the 4<sup>th</sup> dimension ends and the 5<sup>th</sup> dimension begins. 5<sup>th</sup> dimension, as per Bashar, is the realm of non-physical existence. Meaning you can exist without a physical body when you become a 5<sup>th</sup>-dimensional being. That is how Bashar’s civilization ascended from being physical beings to becoming semi-physical and semi-spirit beings. A lot of people confuse 3<sup>rd</sup> density, 4<sup>th</sup> density, and 5<sup>th</sup> density as dimensions, but density is not the same as dimensions. Densities are like the states of a country. Whereas dimensions are the countries. You can be in the 4<sup>th</sup> density of the 3<sup>rd</sup> dimension. Meaning you are in a 4<sup>th</sup> density vibrational state in 3D reality. Or you can be in the 3<sup>rd</sup> density in the 5<sup>th</sup> dimension. Meaning you are at a 3<sup>rd</sup> density vibrational state in your nonphysical existence (5D reality). 4<sup>th</sup> dimension is still in the physical realm. Whereas the 5<sup>th</sup> dimension is the non-physical realms. This is a topic of discussion for another time.

So, coming back to parallel realities, the parallel reality frames also have their own, specific vibrations. And when your consciousness becomes a specific vibration, the frame which has the same vibration is immediately attracted to it, becomes visible, and moves toward it. And then your consciousness inhabits that frame for a moment. But since our state of being keeps changing, our vibrations also change from moment to moment. So, in the next moment, our vibration changes and another reality frame becomes a match to your new vibration. The frame that your body was occupying before becomes invisible, and the new frame becomes visible and is then inhabited by your consciousness. This movement of frames through your consciousness keeps happening all the time, billions of times a second. Thus, this is how the law of attraction is used by parallel realities to keep manifesting your reality. Any other parallel reality frame which is not of the same vibration as you, will remain invisible to you and not manifest in your reality. Look at the diagram below (Figure 4).

## How you are shifting through parallel realities



- The frame or reality that aligns with your current vibration is drawn to you through the principle of the Law of Attraction.
- Your consciousness temporarily inhabits this frame or reality.
- As your consciousness changes its vibration, the next matching frame moves through your consciousness and replaces the previous one.

Figure 4

Bashar says what we see and experience about other people, animals, trees and beings are 'our version' of them. Explain this.

Experiencing "Our version" of people doesn't mean that we are creating our own, imaginary projections and that everything outside of us is unreal. We are not alone. The people we see around us are real. However, there are billions of parallel versions of the same person in the universe. Of all the possible parallel versions of that person that could exist, you see and experience only the one that matches your vibration. Our life experience is unique and can't be compared with anyone else's. Our experience is different from even our parallel versions because of our own, unique way of looking at life. No two similar parallel versions of us will ever have the same perspective or point of view. That is what Bashar meant when he said meeting 'your version' of people.

## How do we co-create realities?

When you and another person is meeting a third person, then both of your beliefs and perspectives co-create your reality. Meaning the combined effect of your and the second person's beliefs and vibration will attract a version of the third person who matches that vibration. There are billions of versions of the third person. But the one that shows up to you and the second person when you two are together is a co-created reality.

The same is applicable when there is a group of people. Groups of people have collective consciousness – meaning they are together in the same place and time because they have many beliefs and thoughts in common. They have a similar vibrational signature. Hence when groups of people experience a mass event, they have attracted that event collectively and together to themselves. Meaning their joint vibrational signature created an event that matched that vibrational frequency. E.g., covid-19 is a good reflection of how fearful our collective consciousness already was, which is why it manifested in our reality.

## How many realities are there in my timeline? How am I moving in my timeline?

There are trillions of parallel versions of you with each having trillions of parallel realities. But you only experience a set of realities that match your vibration in all those moments. There are no real timelines but just for the sake of understanding, let's just look at it this way. Have a look at the image below (Figure 5). Let's say each number and the subsequent circles (a,b,c or x,y,z) below it represents one parallel reality timeline. Meaning each timeline has a specific set of circumstances that are going to happen. In the image, you can see 5 parallel reality timelines, numbered 1, 2, 3, 4, and 5. Each circle represents a circumstance. Let's say you started at timeline 5. The black line represents how you moved through different parallel realities across different timelines. The illusion of movement is nothing but experiencing billions of frames moving through you every second.

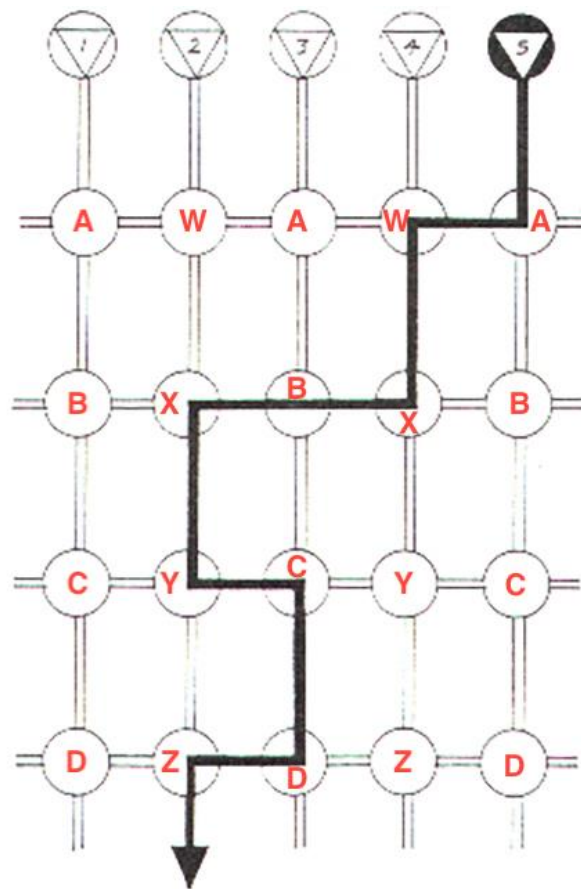


Figure 5 (Image credits: Bashar.org)

You started at the vibration of timeline 5, but you kept changing your vibration each moment. So, you eventually shifted to a circle(W) in timeline 4 because your vibration matched that reality at that moment. But then your vibration changed again. So, then you shifted to the next circle (X) of the timeline 4. And in that way, you may shift through various timelines as shown in the image. In that sense, what you consider as your past, which was the first circle in timeline 5, is no longer your past when you are in timeline 2. Your past also changes as and when you change your present timeline. Now your new past is the first circle (W) of the timeline 2. That's why you have difficulty recalling past events and sometimes may even have different memory than your peers or parents about the same events. Because your past in your memory has changed when you occupied a new frame in a new timeline.

And when you change your present, you are also changing your future. Because you have jumped to a different timeline (circle 2Y) which has a different future (2 Z) than circle (D) of timeline 5. This is what Bashar means when he talks about the “most probable future” and mentions a probability percentage like 50% or 80%. He reads your current vibrations to determine which timeline you are going to be part of in the near future. When he says 80% probability of experiencing a certain future, it means that based on your current vibration there is an 80% chance that you will attract that specific parallel reality timeline in your existence. There is still a 20% chance that you may change your vibration and become a match to a different parallel timeline. Hence all predictions can only be a probability because you have the free will to change your vibration and reality anytime. What is true for you now may not be true for you the next moment. You can change your state of being from moment to moment. And each moment you become a match to a different timeline based on your current vibration.



## If we are changing our vibration every moment, can I change the astrological prediction about my future?

Yes. In other words, your future or 'fate' is not written in stone. You can change your future anytime by changing your current beliefs and state of being. This is why astrological predictions about your future are not always correct. Because your vibration at that moment when you received the astrological reading was of a specific vibration. And after hearing the prediction you changed your vibration and manifested a different future than what was predicted. The problem was not that the prediction was incorrect. What happened is that you shifted to a different timeline by changing your vibration, where the future is completely different.

The position of planets in space reflects the current circumstances only. Of how things are as of now. Your natal chart shows what positions the planets were in when you were born. They are a reflection of the situation and influences you were born under. Which creates certain tendencies, characteristics, and personalities in you that will govern your actions, behavior, and decisions in your life. Hence you may tend to experience a specific type of life because of your specific way of thinking (based on your personality). But that doesn't mean you can't change your future. The planets don't govern your future decisions. You can change the way you think, behave, and your decision making. You can change your future.

## How many different parallel versions of me exist? What do they experience?

You will have trillions of parallel reality versions. Some versions might be different from another by only an atom. While others can be so vastly different that it no longer looks or thinks like your present version. They may have a different job, or a different spouse, or might be living in a different country.... sometimes even living on a different planet. Each of those versions has a unique soul and an oversoul. They may or may not originate from the same oversoul as yours. Your consciousness is unique and inhabits only your present reality (meaning the "NOW" moment). Your soul is the only one that you experience your reality. But you can 'become' any of those other parallel versions of yourself if you want to (and if it is relevant to your current life's purpose). The drastic difference that parallel versions of someone can have are people who have changed their gender. Their past self was a parallel self which had a different gender than the one they have now currently.

Your parallel selves can have different professions, lifestyle, income, location and even gender!



Your past and future selves are also parallel versions of you. Because in reality there is no time (past or future) and all your past and future selves are experiencing everything right here and now. But your consciousness is not a part of those realities at this moment. Hence those past or future versions of you are invisible to you. There are so many parallel versions of you that your consciousness will never experience in this lifetime. Because the themes and experiences of those parallel versions are not relevant to your current lifetime. You will experience only what is relevant to your soul. You have the free will to decide what is the most relevant experience for you by pursuing your highest excitement from moment to moment.

## What is imagination? How is this relevant to parallel realities?

Bashar says that you if can imagine yourself being someone or something different, then that version of you exists in a parallel reality already. Because imagination is a real-time download of information from a parallel reality that already exists (right here and now). You cannot imagine something that doesn't exist. In other words, imagination is like "channeling" or downloading information about something that is out there somewhere. It is not make-believe or unreal. Your imagination is very real! All books, art, music, or any form of creative expression where the creator imagined something and created it, is a channeled version of something that already existed in a parallel reality. E.g., Game of Thrones is probably happening in some parallel reality, right here and now. The author simply channeled the information and condensed it into a book or a TV series in our reality.

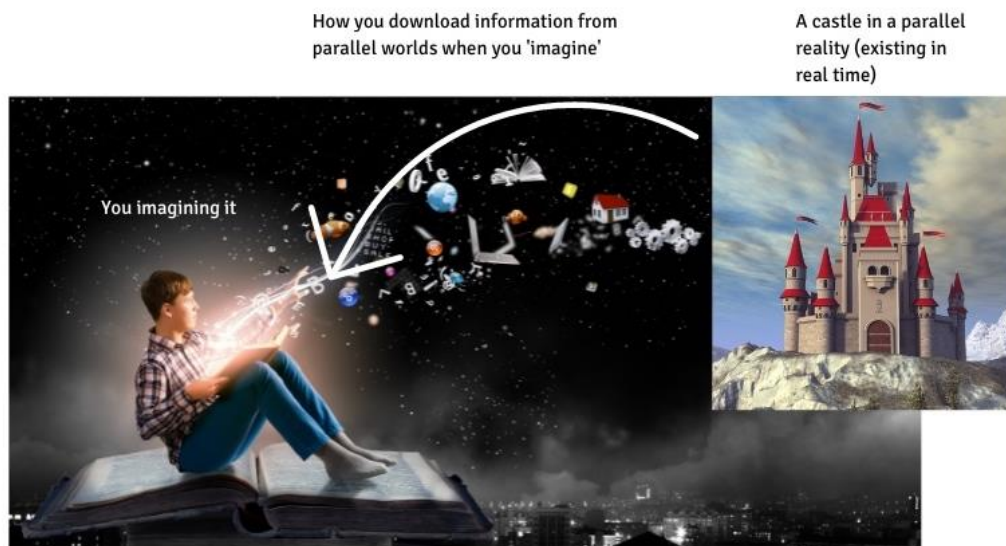


Figure 6

Most of us are channeling future versions of our creations or ourselves into our current reality. The book you are writing or the painting that you are coloring is information sent downstream from your future where that book or painting already exists. This happens every time you imagine something. That is how we feel inspired and eventually 'become' the future reality in our present moment. Imagination is a language of your higher self to show you all that is possible in your life. Indulge in imagination as often as possible to experience all possible parallel versions of you, especially the positive ones. This will help you eventually shift to that positive future timeline if you practice imagining the same future 3-4 times a day. This is one secret tip to manifestation.

## What is manifestation then?

Manifestation is materializing something that already exists in a parallel world in your present reality. In other words, something that was previously invisible to you becomes real & visible in your life. You are always manifesting your reality 24 X 7, all time. Wherever you are at this moment is what you manifested. You don't have to "learn to manifest", because you are the ultimate creator of your reality. If you didn't know how to manifest, you would not exist in this physical reality. Manifestation comes easily and naturally to you just like breathing. What most people mean by manifestation is to get something they desire, but don't have yet.

The starting point of manifestation is a desire or an already ingrained belief. Say if you were thinking of a red ball. And then in a couple of hours, you see your neighbor playing with a red ball. That means you have 'manifested' the red ball in your reality. Meaning, the ball was not there in your reality before but now became visible to you. Now whether you want to join your neighbor in playing with it is your choice. But the option to have the ball now became available to you because now it is part of YOUR reality.

In the context of parallel reality, manifesting something means you become the same vibration as the reality that you want to manifest. Because then that parallel reality that contains your manifestation will be attracted to you and appear in your life. You cannot attract what you are not the vibration of. To attract the red ball, you must desire a parallel reality that contains the red ball. This can be done by changing your state of being – i.e., your beliefs, thoughts, and emotions. Only thinking about the red ball will not manifest it because your beliefs or emotions may conflict with your thoughts. Becoming self-aware about your conflicting beliefs or limiting beliefs is the first step to becoming a "master manifestor". When you change your beliefs, you can change your reality.

How something manifests in your life depends on your current vibration and state of being. The red ball may have dropped on your head from a balcony above you. Or you could have seen it in the store when you went shopping. Or someone may have gifted it to you. All these are various ways how the red ball could manifest in your life. Since the actual manifestation depends on several factors that not always be evident, Bashar always mentions that you should not "insist" on how something can manifest in your reality. Just desire the red ball and focus on how you will feel, what thoughts you will have, and what beliefs you will experience when you have the ball in your hand. In other words, you "become the vibration of what you want to manifest as if you already have it". You have to truly believe that it already exists and that you will eventually have it. If you are pretending to believe or doubting it, it won't happen. Don't try to figure out "HOW" you will obtain the ball. Leave that to the universe and the law of attraction. Whichever parallel reality containing the ball is the closest match to your vibration, that will manifest in your life.

Once your beliefs, thoughts, and emotions are aligned with desiring something in your reality, and there are no underlying/hidden conflicts inside you about that thing, you have to take action to anchor yourself to the new vibration. Actions are the language of physical reality. Without action, the manifestation may take time (unless you have a very high vibration where simply thinking about it will cause it to manifest). If you are thinking 'when will things manifest', then you are doubting it. Meaning you truly don't believe that it is on its way to you. Your doubt is blocking its path to you. And because of that, it may not manifest at all.

Now if you are wondering how to take action when you are not supposed to expect how it is going to come to you, then remember this - expecting how an outcome may happen is not bad. You can start taking action based on your expectations. But **don't insist** that it will appear only and exactly in the way you expect. It may manifest in other ways that you didn't expect. For example, if you want to manifest a lot of money, you may think that you will obtain it only from a job. But it may manifest in other ways like winning a lottery, an inheritance, a business, or other opportunities that you didn't think of. So be open to any way that reality may manifest in your life. Just take action to the best of your abilities and anchor yourself to your desire. In this example, if you believe that you will earn a lot of money by doing a job, just keep applying for jobs. The physical act of applying for the job will anchor your vibration to your desire. But in your mind keep the desire of earning money, and not 'getting a job'. Don't focus on the 'how' (doing a job), focus on the 'what' (money). Believe that the money will appear in any way possible, you just have to keep taking action to the best of your abilities.

Become single-minded and focused on obtaining it. If you keep changing your mind about what you want frequently, then you are not allowing enough opportunity for it to manifest because your vibration is shifting unpredictably. That's why doing "inner work", "shadow work", "parts work", releasing limiting beliefs, and becoming self-aware is so important to the perfect manifestation of your desires. Because these kinds of personal development remove the blocks from your mindset. It clears up all the ways you are sabotaging yourself unconsciously and opens up the path for powerful manifestations to happen.

Here's another example that someone asked me to explain. She wanted to 'manifest' her dream home. But she doesn't have anything yet. I said that her dream home is already there and a parallel version of her is already living in that home. That is why she could even imagine it in the first place. If you desire something then it already exists or else you couldn't have imagined it. Remember all parallel realities exist simultaneously. Now she cannot perceive that reality or has not "become" that parallel version of herself yet because she doesn't believe that it has already happened. She is not a vibrational match to that reality. She has to take inspired action to make her way to that manifestation. But only taking action while she is doubting it or questioning "how it would appear" won't do much. Her vibration has to match that reality. Her vibration is her state of being. Her state of being = beliefs + thoughts + emotions. **SHE NEEDS TO BELIEVE, BEHAVE, FEEL, and THINK** that she already owns it. She has to believe it without a doubt. If she keeps wondering "how can I believe without seeing it with my own eyes", then her limiting beliefs are coming her way. If she removes those limiting beliefs, she will start believing that she is ready to receive her desired manifestation. And that's when her dream home will manifest. There are so many books written on manifestation. But I love the "Conversation with God" book series by Neale Donald Walsch. I will go into much depth about limiting beliefs in the later parts of the book.

## How do I manifest my desires?

This is the million-dollar question. There are so many books, videos, and articles on this. And there are so many ways. But all lead to the same one thing – become the vibration of what you desire. I can only share what has worked for me.

Act as if you already have it. Truly believe that you have it or it will arrive soon. This is where almost everybody struggles. "How can I believe something that hasn't happened yet?". They force themselves to



act superficially when truly inside they don't believe it will happen. Or they have doubts. When you doubt whether it will happen or not, or are too concerned about "how" it will happen, then you have NOT shifted into the vibration of your desire. See this is why I wrote this book. So that you understand that what you desire already exists.

There is a future parallel version of you that has the object of your desire. All you have to do is to "become" that future version by imitating that future version of you. Simply mimic what your future self is doing, thinking, feeling, and behaving when he/she already has what you want. This can be done in so, so many ways. I will mention two here briefly.

1. You can do an imagination exercise or a visualization meditation where you imagine yourself having your object of desire. As if you have already obtained it. Feel in that moment what it feels like to have it. Experience that moment viscerally. What thoughts is that future version of you having when it has the object? What beliefs does your future self have about the object? Ask your future self how it obtained it and follow its instructions. Mimic whatever he/she feels, thinks, and believes. Take whatever action he/she took to reach there. Act as if you have become him/her. Do this exercise 3-4 times a day.
2. You can also manifest if you know which one of your beliefs is preventing you from obtaining your desired object. Beliefs like "I don't deserve it, I am not worthy, I am not good enough for this", etc are some examples that can block you from what you desire. Removing the limiting belief will automatically manifest your object of desire. Because there would be nothing blocking your way. Sometimes there can be multiple beliefs blocking your way. There is an entire process of belief finding and releasing them which I do in my one-on-one coaching. There are countless other books and videos on this by notable authors like Teal Swan, Byron Katie, and Dr. James Matt. Each of those methods is different but they all do the same thing - which is changing your beliefs about yourself.

### How am I shifting to a new earth every time I am taking any action?

It happens in the same way that the law of attraction works for parallel realities. Every time you take an action, it solidifies your intention in reality and shifts you to the parallel version of earth that matches your vibration. Look at the image below (Figure 7). If your vibration is 40,000 cycles per second (c/s), then you will move to Earth A. If your vibration is 50,000 c/s, then you will move to Earth B. Whenever you change your vibration to whatever frequency, you become a match to a parallel version of you on a parallel version of earth that is of the same frequency. And then your consciousness shifts to that earth.

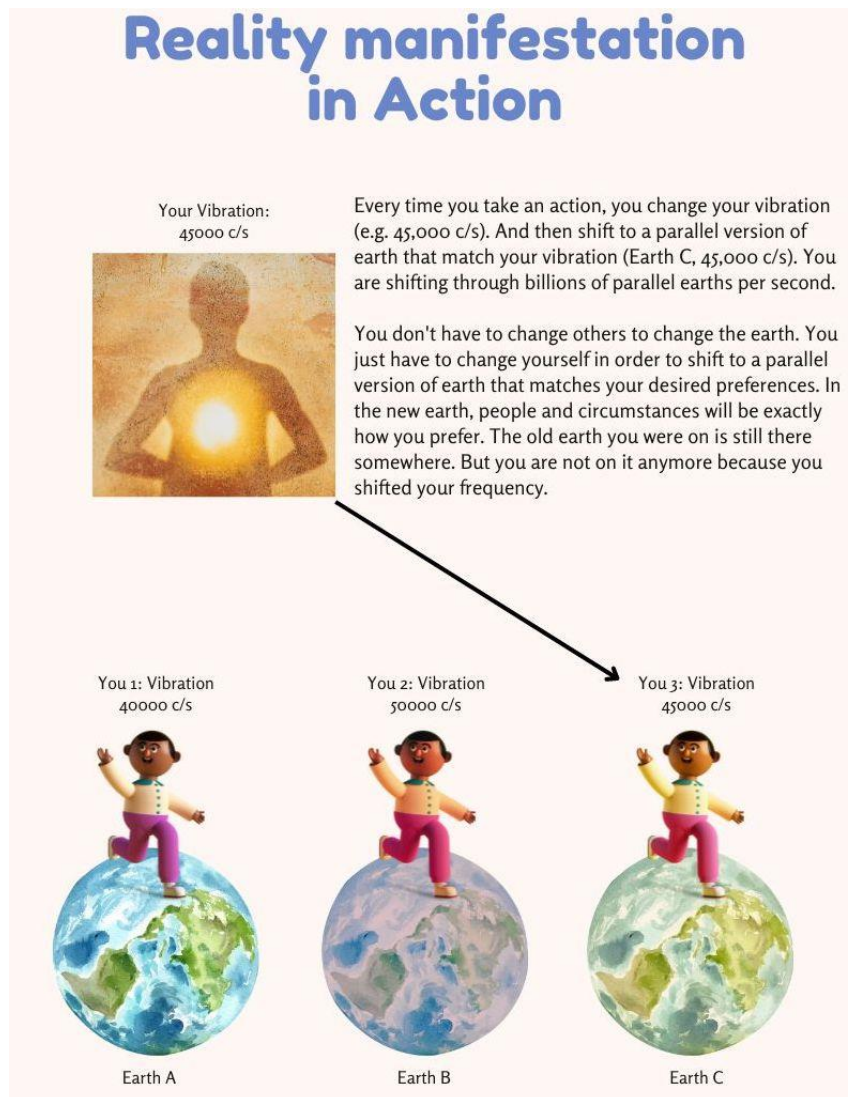


Figure 7

As explained at the beginning of the book (“What is parallel reality”), your physical parallel frame or parallel version doesn’t exist in isolation. It is part of a bigger frame of the earth and the universe it is in. So whenever your consciousness is moving into a parallel version of you, it is also shifting to a parallel version of earth (and also a universe) which it is on. In other words, you are shifting through billions of parallel earths as well.

When you are trying to change people, it is like changing your reflection in the mirror. You cannot change your reflection in the mirror without changing yourself first. If you have to make the reflection smile, you have to smile first. Your reality experience is a reflection of your inner reality. By inner reality, I mean your mind, consciousness, your perception of reality (perspective), state of being, etc. Whatever you are experiencing in life, is a true reflection of your current and most prominent beliefs, thoughts, and emotions. If you want to change your circumstance, you have to change yourself. That is why doing the inner work, shadow work, parts work, self-love, self-discovery, and all forms of personal development is so critical in shifting to your desired version of Earth. Because these kinds of work change your vibrational signature and instantly shifts you to the type of earth you prefer. You notice that suddenly that difficult person in your life is acting nicely with you. What happened is that you moved to an Earth where that person reflects your changed state of being. So technically speaking, you are not interacting with the same

version of the person anymore. It is a different parallel version of that difficult person who is not like his/her previous self.

When you take even the slightest action or change your state of being (by changing your beliefs, thoughts, and emotional response to your present circumstance), your vibration changes. And whatever your new vibration is, you move to that version of earth where the reality is an exact match to your frequency. So don't underestimate the power of even the smallest changes you make in yourself or the tiniest of actions you take. This is why Bashar says 'your circumstances don't matter, your state of being matters'.

For example, if you are wondering, what difference would a \$1 donation for war victims do to stopping the war in Ukraine? I will tell you this: That \$1 donation is your physical confirmation and setting of intention that you want to be on an earth that doesn't have any war. You are confirming your vibrational signature to match the earth where the war stops and the war victims find refuge. Because of that small action, you will immediately shift to that earth where the war eventually stops. If you hadn't taken that action, you would still be on other versions of earth where the war never ends.

It's the same with voting for your preferred Government. Your physical action of casting a vote in favor of the type of government that you want sends a message to the universe about what you want. Now depending on your beliefs it may take some time to manifest. But the point is you are casting a vote for your favorite kind of reality by taking that action. It doesn't matter what others are doing, because remember that others are a reflection of your state of being. When you change, everything and everybody around you changes. It may not seem like that at first. But if you are observant of the changes around you and others, you will notice the shifts in others. The change in others is a reflection of the changes you made in yourself.

As per Ryok (another Essassani being from Bashar's civilization) says - If you are in a world where there is a war happening in some other country, then it is your soul's way of showing unintegrated aspects of your shadow self. For the soul, any being who is hurt in some other part of the world feels like an injury in itself. The injury feels real to the soul as much as it feels when you hurt your physical hands or legs. So even if it doesn't affect your life directly, wars or disasters in other parts of the world allow us to find what made us a vibrational match to this version of earth. Why didn't we live on another version of the earth which had peace? Because we are at war inside ourselves, suppressing, disowning, and denying parts of ourselves. That war-like inner reality reflects in our outer reality. You can help your soul by taking action from a place of love. Ask yourself – if my soul feels hurt when other countries are at war, what loving actions can I take to bring it relief? There are so many ways to manifest a peaceful earth. Integrating your shadow aspects is one. Donating money to war victims or refugees is another, even if it is a very small amount. Doing energy healing in those countries is another way. Explore any way that aligns with your value system and you feel good doing them. That will help you change your vibration and manifest a different version of the earth that is more peaceful.

Similarly, every person, event, or news that triggers you in your life, shows you an aspect of yourself that you fully haven't discovered, understood, or integrated. That disowned aspect of yourself is in pain and desires integration. So it will keep attracting matching vibrations of reality and people which might be very unpleasant to you. This cycle will keep repeating until you change your beliefs, and start doing things differently than in the past. Do your inner work, self-discovery, inner healing, and parts integration.

Thank every negative event or person who shows up in your life. Because they are allowing you to discover an unknown and unintegrated part of you. Thus allowing you to integrate, heal and acknowledge it. The unpleasant thing is showing you who you are by reflecting on things you are holding onto that are hurting you. By showing you aspects that you are NOT. It allows you to make a different choice to become and act like who you are meant to be. Every event, whether it is positive or negative, will create growth in you. It will raise your vibration.

Appreciate all events that happen in your life. It may feel difficult at first because you have much-unresolved trauma from the past. Most people don't even realize they have trauma or are in denial. But once you have released that, forgiveness and gratitude for all things become very easy. I coach people on how to do this in my 1:1 sessions and is a topic for another time. Technically there are no 'mistakes' that you can make. Regretting a choice that you made creates a contrast in your life to show you who you truly want to be. So a mistake is also serving you positively. In short, all ways lead to the source, universe, All that Is, God, or whatever you want to call it. There is no way that you can get lost or make a mistake. Some ways may take longer, some take a shorter time. But because time doesn't exist in reality, what's the rush? Take your time to unravel and become who you are. It is never too late.

Think of any action that you had been procrastinating. Now knowing how the parallel realities work, take that long pending action! Do what it takes to assert what you prefer through your persistent and consistent actions toward the same thing. Move to the earth that you wish or desire. And it shall manifest.

### How is quantum physics related to parallel realities?

Quantum physics is the scientific explanation of how parallel realities are created in a quantum field. But not much has been discovered or investigated in quantum physics yet. We are in the nascent stages of discovery. When scientists refer to 'quantum fields', they are referring to theoretical constructs of sub-atomic particles at a minuscule level. A quantum field is not just at a subatomic level but it holds true for larger scales too, which we haven't discovered yet. Our reality is shaped by that. At the subatomic state, it is easier to observe and study the nature of reality. Whenever I am using the word 'quantum field' I would mean it to be our reality and the universe at large. Everything is connected and does not work in isolation.

### What is the nature of reality?

The people, animals, trees, beings, surroundings, etc. all exist as 'wave forms' when not observed. This we already know from quantum physics. Meaning whatever you observe manifests or solidifies based on your 'perceptions'. Blind people are only manifesting what is within their physical vicinity. And nothing beyond, because they don't have a vision and don't need to experience things that far. The image below shows how reality exists (Figure 8).



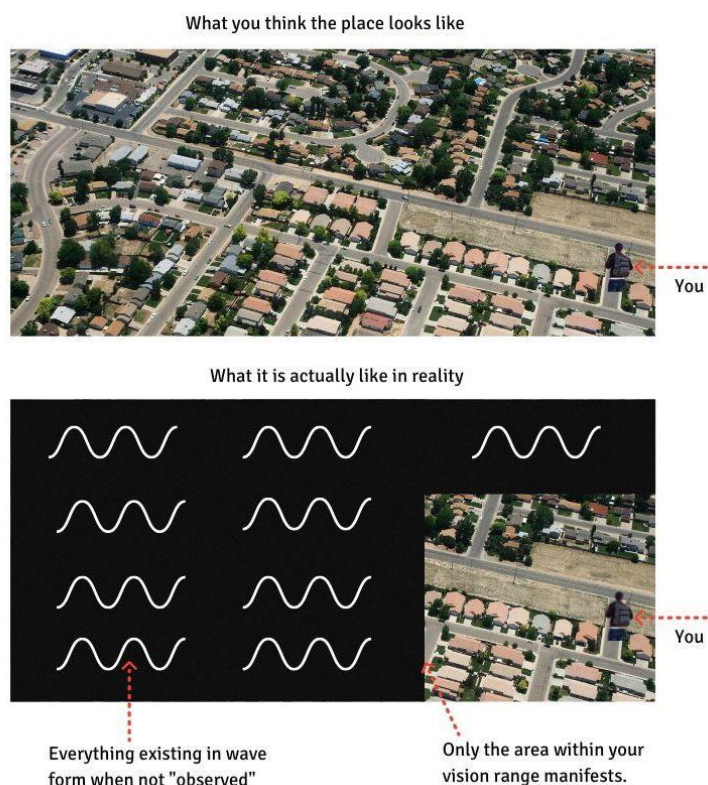


Figure 8

**What you see in your experience is like a projection of your state of being onto the quantum realms by your Ajna Chakra, Heart Chakra, and Navel Chakra. Even people materialize out of 'nothing' when they enter your range of observation. Because this 'nothing' is something. Look at the image below (Figure 9). Your Ajna chakra causes you to experience the visuals you see. The heart chakra creates the emotions you experience by watching your reality. Your navel chakra (still writing it, haven't finished)**



Figure 9

## Where do these parallel reality frames reside?

The images I have shared so far were for explaining the concepts. Technically parallel reality frames don't exist in physical forms always. Everything, that is part of a parallel reality, exists in waveforms or frequencies. They all occupy the same space and time because space and time are constructs that we have created in our reality and space-time doesn't exist. They materialize in front of you in real-time based on what your perspectives are. I.E., the quantum state changes only when 'observed'. When your consciousness is moving through parallel reality frames, it is technically creating billions of frames every instant and attracting them to itself (thus moving through them). And once you have experienced the frames, they go back into being waveform again. What you will be experiencing will be very different from what others will be experiencing. Because your perspective is unique only to you.

Always notice what your state of being (beliefs + thoughts + emotions) is at any given moment in time. Because the parallel reality you create is entirely based on the observer (you). You are creating your own reality every moment based on your state of being. The parallel reality that matches your state of being a.k.a vibration, will be manifesting from "nothingness" right in front of you. So, if you think your neighbors are terrible, you will create a parallel version of your terrible neighbor. Instead of creating a nice version. In other words, you will 'see' what you 'believe'. Believing is seeing. Look at Figure 10.

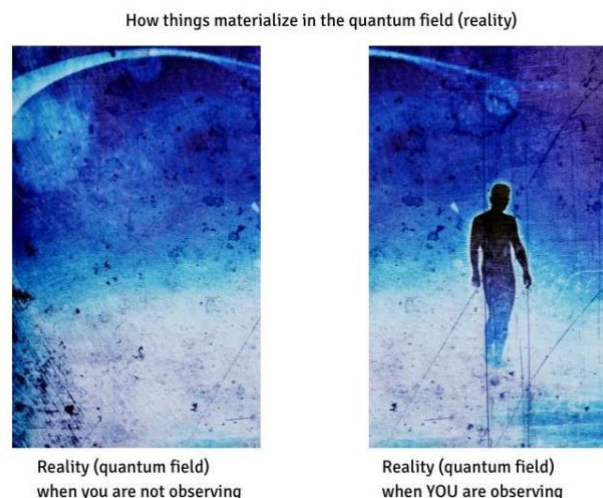


Figure 10

## Why is my manifestation not happening?

Physical action is the language of our physical reality on earth. If you want to manifest something, you have to take physical action to confirm that that is the reality you prefer. If you are thinking something, but doing the opposite actions, then you will get a mixed manifestation that reflects the conflict of your thoughts and actions. And not what you wanted. So, bring an alignment of your thoughts, emotions, and actions (behavior) if you want to manifest anything. You can do this by becoming more self-aware, and self-loving, and letting go of all attachments. No action is small or insignificant. Every act counts.

Also, another major reason why manifestations don't happen is because of your attachments and insistence on the outcome. When you are focused on "how" something should manifest. When you insist

that your reality should manifest only in a particular way, then you are obstructing the others ways things could manifest in your life. Let go of all insistence. Having an expectation is not bad. But focus on what you want instead of how it can come to you.

How not looking at other opportunities looks like



Figure 11

Manifestation could also not happen because you are changing your mind too often or taking conflicting actions. Your mind and heart are not in sync. In your heart, you want one thing. But your limiting beliefs are telling you to take different actions which are not in alignment with your heart's desires. The message you send to the universe is mixed and conflicting. Hence nothing happens. The solution to this is to become aware of the limiting beliefs that are blocking your way and release them. Then your actions will automatically become aligned with your heart. Manifestation will happen easily and effortlessly.

If something is not going according to your plan, trust that there is a better plan. Trust that whatever is happening is the best-case scenario. When you don't trust, that's when you have difficulty accepting something. And that causes insistence or attachment to a specific outcome. So, don't butt your head on a door that is closed (Figure 11). Instead, explore the other doors that opened for you. You are not looking at those open doors because you are busy trying to open the door that is closed. Remember there is always a better alternative. There is always a way out of any situation. Just focus on the solution or the desire and have faith that it will work out.

## What is teleportation and how do we teleport?

Teleportation is a phenomenon where you can instantaneously change your location in one moment. Meaning, you can travel huge distances just by disappearing from one location and instantly appearing in another location. Extra-terrestrials like Bashar use teleportation to travel to different galaxies and universes in one instance. We can also teleport anywhere we want to if we understand how it works. You don't need any special technology to teleport, as per Bashar and Ryok. When we are attracting parallel realities to our consciousness, we are teleporting from one reality to another, billions of times a second. We are teleporting to different parallel versions of the earth all the time. However, we are doing this unconsciously and are not aware of it.

It might be difficult to teleport physically and consciously if you don't know what is 'lucid dreaming' and an 'energy body'. Even after knowing what these are, it would still require a lot of energy to be able to physically teleport somewhere because you have to train your energy body to match the signature vibration of a location in a lucid dream. Once your energy body is used to teleporting in lucid dreams, your physical body will be able to imitate that action in physical reality. Bashar & Ryok mentioned two ways of teleporting, one using energy equations and the other through the physical body. But it was pretty complicated hence I left it out of this book.

### How am I manifesting a different version of my family or spouse or coworkers every moment?

By changing your vibration, you are attracting matching parallel versions of your spouse & family members. You are not changing others; in fact, you can't change anyone. You can only change yourself. Look at Figure 12. Let's say you want to become a musician instead of following an engineering career and your family is not supportive of that. You are on Earth A when you have accepted that your family will never support you and you stop pursuing your career in music. But when you decide to pursue your passion and know your family will eventually change their minds (hence change your vibration), you will shift to Earth B. On Earth B, your family is supportive of your passion. But it may feel like you are on the same earth because not much looks different. But by changing your vibration, you have already shifted to a different parallel version of the earth. Remember parallel versions don't always look radically different from your current reality except for a few changes. That's mainly because it reflects the amount of change you have done in yourself. A completely new earth with everything different will not be disorienting for you if you 'expect and know' that it is possible.

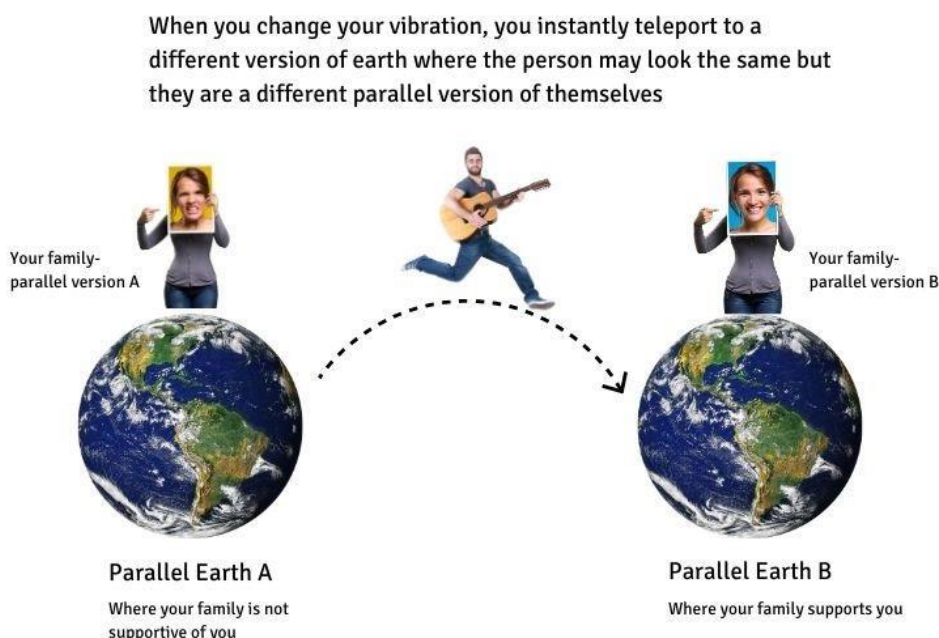


Figure 12

With every word you speak and the action you take, you are changing your vibration. So, in a middle of a conversation, when you can speak your truth in a way that changes your vibration, the person standing in front of you would also change. Because at that instant, you shifted to a different parallel version of earth where you are talking to the new version of that person who is a match to your new vibration. For you,



there is no change. But actually, the person in front of you is not the same parallel version of that person anymore. They are also shifting billions of times a second, and only the parallel versions that match your vibration are showing up in front of you. Both of you are co-creating that conversation and experiencing shifts in consciousness at the same time.

### How are people appearing in my life? And why do they leave?

People appear in your life when a soul contract gets activated. A soul contract is an agreement between two souls, before birth, to appear in each other's life at a specific point in time to assist in each other's personal and spiritual growth. Before taking birth, your soul decides what kind of life theme it wants to experience in physical reality. Based on that, it decides where you will take birth, what kind of parents and siblings you will choose, what time and place, what era, etc. The soul also agrees to certain soul contracts to assist in its physical experience. Meaning, it decides what kind of people you will meet in your life.

Soul contracts get activated at a vibrational level. Check Figure 13. An example soul contract would look like this – say 'Person A' would appear in your life when your vibration or frequency is 85,000 cycles per second. Now at what age, circumstance, location, or point of time Person A appears in your life would depend on when you reach that frequency of 85,000 cycles per second. It could be at any age; age is not fixed. But it would mostly be influenced by your vibration at birth and all the other events that happen after that to bring you to that vibrational state. For example, you and your baby had a soul contract where the baby agreed to come into your life when you were 50,000 c/s. When you were born, your frequency was probably 20,000 c/s. So, the baby won't appear then. Eventually when you grew up to age 25 years, then your vibration was, say, 40,000 c/s. The baby still won't appear in your life even if you were trying to get pregnant because you haven't activated the soul contract. Say, by the age of 32, you finally can reach 50,000 c/s. Then you have reached the frequency range required for this soul contract. You are ready for the baby. If you try to get pregnant then, the baby would effortlessly appear in your life because you have reached the desired frequency and have activated the soul contract.

**How different soul contracts are activated when you reach specific frequencies**  
 (age is for illustration only and is not fixed for a frequency)

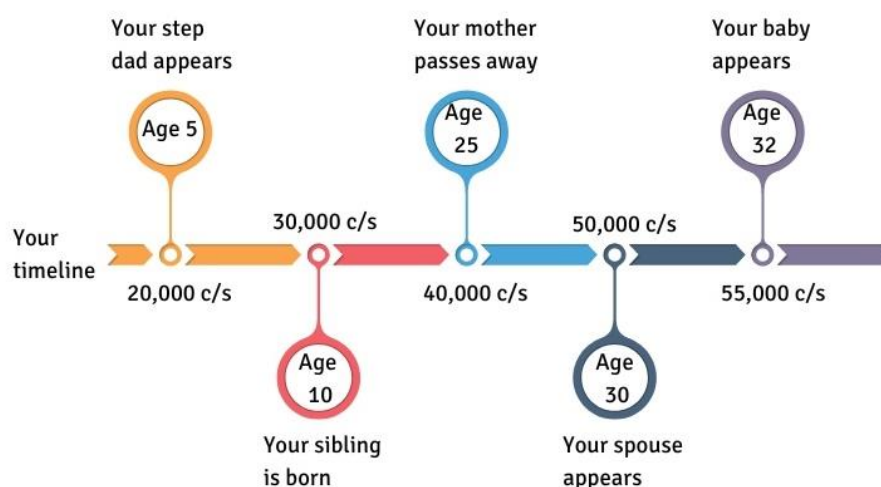


Figure 13

Every person who appears in our life has a soul contract with us. We don't meet them by accident. Whether we have a positive or negative experience with them, each person who appears in our life helps us realize who we are. By creating a certain kind of experience for us. For example, those bad bosses you had also had soul contracts with you to help you stop doing a job and start doing a business. They helped you realize who you are and helped you live your purpose by showing you who you are NOT. By going against your values, wishes, and desires, they force you to take decisions that are in alignment with your essence. Thus, allowing you to be more of who you are. The same is true even for positive people in your life. That is the purpose of a soul contract.

People leave our lives when our soul contract ends. That is also at a vibrational level. For example, your parents may have a soul contract that ends when you reach 70,000 c/s. So whatever age that happens for you, that's the time when they will leave your life. That could be done either by dying. Or by simply fading away from your life permanently.

If you are wondering why your parents died when you were at a very young age, remember it was both your soul's and their soul's decision before your birth. Your parents could have died when you were younger or older, depending on how much time it took for you to reach that vibrational state when the soul contract ends. They helped you reach a specific vibrational frequency for whatever things you had to experience in this life. Your parallel versions might still have their parents because they chose a different life theme and different soul contracts.

No matter how many parallel earths you shift, you will keep experiencing different parallel versions of your family, friends, etc on those earths as long as their soul contract with you is valid. As soon as it ends, you will stop experiencing them in your life. Even if they are alive, they will move to a different parallel earth which you are not part of. Hence, they will exit from your parallel reality.

### What are multiverses then?

The parallel reality concept is different from "multiverses" or multiple universes (Figure 14). There is an infinite number of universes that exist at the same time as ours. Each universe can be similar to us in many ways but are still different than ours. Or they can be vastly dissimilar with completely different laws of physics, chemistry, and biology. Take a look at the image below. They may or may not even have constructs of time and space! They may even exist in a different dimension that we cannot even perceive physically. All possibilities that you can think of (or cannot think of) exist. That's the whole point of creation. Each of these universes has billions of parallel realities versions of their own, which co-exist alongside ours. Despite having completely different laws of physics, the five laws of creation (mentioned by Bashar) still apply to those universes. Because those 5 laws are fundamental in creating all universes. I will talk about the 5 laws of creation on a separate topic.

**Multiverses - Universes with completely different physics, biology and chemistry than ours**

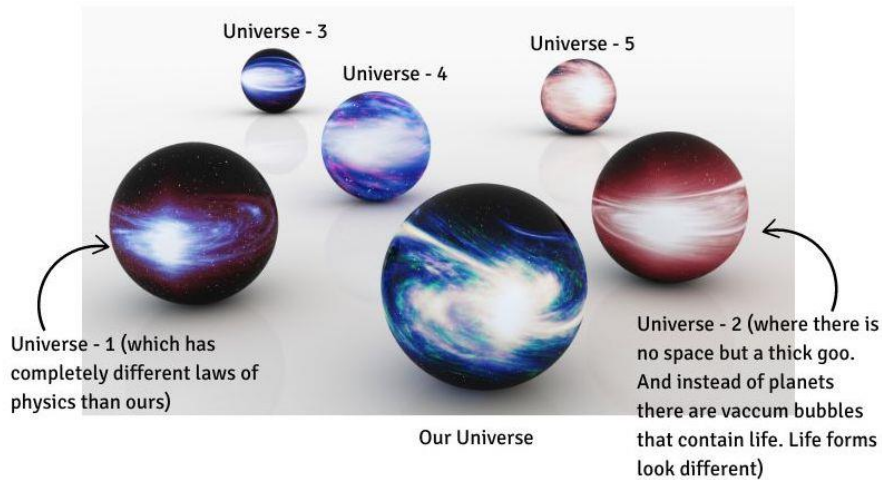


Figure 14

**Writing under progress for topics below this point!**

How are these parallel realities occupying the same space and time?

How to predict which parallel reality we will be part of?

If space is not real and there is no distance between us, then why is there a difference in our location?

What are the 5 laws of creation?

What are limiting beliefs?

How do we get rid of limiting beliefs?