

The Three Heavens

This is a more nuanced understanding of metaphysical energies and is based on the experience of those who have a more sensitive awareness of higher dimensional consciousness. It provides a better understanding of the various kinds of energy that are around us so we can choose which energies are compatible and supportive of our healing and development. This concept has been expressed by others using different metaphors and descriptive methods such as three levels of consciousness or the 2nd level being described as the astral plane.

First Heaven

This is the atmosphere that surrounds the physical Earth including the clouds, birds, airplanes and so forth. It also includes the Earth herself and all the people and living things on the planet. The first heaven is where we live. In the first heaven, there are people who have good intentions and want to help others and there are people who want to take advantage of others. In fact everyone here seems to have some combination of healthy and unhealthy energies, values and intentions.

Second Heaven

This is a psychic field of consciousness that doesn't have a physical existence. It contains spirit beings, energies, concepts and so forth. In the second heaven, all the beings and energies are ego based. This means they are dualistic in nature and have a limited amount of energy to work with. And to one extent or another the beings and energies here are self-centered or are being influenced by other self-centered spirits.

The second heaven can also contain spirits with highly refined energies that are very impressive to earthlings, but are still ego based. They usually have hidden agendas and because of this have a low vibration even though they present themselves as having a high vibration. They can provide help, but it is of a much lower quality than that of the third heaven, but is presented as though it is the ultimate source of help and guidance. They usually connect with the egos of those they work with making them feel special and better than others. They can pull people in using deceptive methods and convert them to their way. One of the lower vibrational aspects of the second heaven is that the spirits and energies there violate free will; in effect they are con artists and try to convince people to trust them when they actually have a selfish agenda that they hide from the people they work with. But of course not all in the second heaven are like this, but even so, their vibration contains defects that prevent those connected to them from leading lives that are not as happy, healthy and fulfilling as they could be.

Third Heaven

The third heaven is beyond ego, and all of the energies and beings in this heaven are a clear expression of God's love, awareness and power. The beings and energies have an open hearted love for everyone and everything. They are connected with unlimited energy, joy, peace and happiness; everything good. The energy of this heaven is entirely healthy, uplifting, joyful, caring, loving, peaceful, trustworthy and life supporting. And the third heaven energies can be very

