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# LIFE AND LOVE

*in different dimensions*



Elena Rusanova

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**Life and Love**  
**in Different Dimensions**

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**Аннотация**

Have you heard of different dimensions 3D, 4D, 5D and how they shape your reality? Discover how moving from the dense, controlling 3D matrix to the free, multidimensional reality transforms your life, relationships, and soul's purpose.

How relationships change during spiritual awakening across different dimensions. Why your level of consciousness determines your relationship patterns and how to shift to higher ones.

This guide blends personal lived experience with spiritual insights.

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# **Life and Love in Different Dimensions**

**Elena Rusanova**

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# Introduction

You've probably heard that we can live in different dimensions or realities. And that two people in the same city – even the same house – can have totally different lives. For one person, life is a brutal struggle to survive. For another, it's a bright, open space where they can create and learn new things. So what makes the difference? It's not just about how you see the world, or whether you think narrow or broad. It goes deeper. It starts with how ready your physical body is, and goes all the way up to your Higher Self, your Spirit.

Reality opens up to you based on what frequency you're tuned into. Think of yourself as a receiver. You pick up what matches you. And here's the thing – it's not about how smart you are or how much information you've collected. Reading a ton of books and thinking hard about them won't change your frequency or dimension.

Is there a simple way to understand dimensions? Let's use what we learned in school. In 3D, we have length, width, and height. That's the familiar three-dimensional world. Add a fourth dimension – time. But in 4D, time is flexible. Stretchy. Not fixed. You can even control it. (Remember Christopher Nolan's movie *Tenet*?). Now the fifth dimension. Scientists argue about what the fifth unit actually is. Some say energy. Some say magnetic force. Some say information. In esoteric teachings, they call it

love – a Divine power that comes from the Source.

If life on Earth is a game, then 3D, 4D, and 5D are just different levels of the game. 3D is the dense, hard level. Survival. Violence. No freedom. Rules forced on you. Some call it the matrix. 5D (or upper) is the free, creative, multidimensional level. Here, you work with energy and thought. You experience absolute abundance. You create reality just by your state of being. This is the incredible freedom of the Soul.

But here's the truth. Knowing about all this doesn't actually change much. It might expand your mind or satisfy your curiosity. The real shift happens when you experience it firsthand. And that experience is part of the journey. That's why I'm not giving you a theory I read somewhere. In this overview, I'm sharing sensations I've personally felt. This is my lived experience – things that have come to me throughout my life. Sometimes it felt like I was remembering something I'd always known. Or something I'd guessed. That's how insights happen. That's how knowledge uncovers itself. Maybe this overview will help you. Maybe you'll spot similar details in your own life. Or maybe it will just remind you of the big milestones in your journey – and help you understand where you're going and why.

# 3d-dimension

*Motto: «Deep sleep, but I can handle it.»*

Life according to the standard

The main milestones of life's journey, clear and beyond doubt, which we never thought about, why it happened this way and not otherwise:

– a full-day state kindergarten, a school with all the «attendant delights», such as bullying, the Unified State Exam, deviant behavior, insults and intimidation from the system, a university, preferably with a guarantee of employment;

– job search (here it ranges from the most difficult experiences – lifelong employment as heavy laborers to options for working in an office), working from 9 to 18, layoffs, looking for a new one, retirement;

– hospitals, certificates, examinations, medical check-ups, the older you get, the more time and resources are devoted to medical structures, and if the work is hard, then the number of illnesses increases, before you have time to recover, you have already caught another virus;

- marriage as a social basis and necessity, because it is necessary, they said, it is accepted, it is bad to be alone, and so on;
- rest only during vacations, because the rest of life is full of tension, stress and work not for love;
- the desire to receive and earn goods and external material (house, car, jewelry, etc.). «First they'll save up for a TV, then for a kitchen set, then they'll buy a refrigerator, then a washing machine. Everything's planned out twenty years in advance, just like in the State Planning Committee. It's as quiet as a tank!» (a quote from the film «Moscow Does Not Believe in Tears» – it's neither good nor bad, it's just part of the script. Some people find it interesting, while others find it repulsive, but then they'll have to «get out» of the 3D dimension.).

For me, this dimension began, as it does for everyone else, with the standard trip to kindergarten at age one and a half (though I made attempts to «escape the matrix» – from kindergarten), then school, college, and then the dorm. I remember one childhood memory of walking to school for the first period (some elective class), even before the regular class started. I walked in the dark, through a city practically at night, thinking, «Why and what is the purpose of all this?» Such clear questions about myself and the system were imprinted in my memory.

In terms of work, I was recommended to work on a project managing a recruiting agency, and this offered a more creative and flexible approach, including the schedule and routine. I periodically worked on projects and my own businesses, and even working in an office proved to be a more relaxed option, with a more flexible schedule and more freedom. Of course, there were all the other complications that go along with this – the long commute, the rush to and from kindergarten, the traffic jams, the constant attempt to get somewhere, the feeling of being overwhelmed. I was spinning and turning within the core programs of the time – those of successful achievement, comparison, the search for love and recognition, and many others – but I didn't yet recognize these programs as external; I didn't enter «observer» mode; I simply played with them enthusiastically, succumbing to their numerous hooks.

Even in this dimension, there was a persistent desire to understand, to delve deeper than what lay on the surface. Hence the training, books, guides, teachers, concepts, and approaches that immersed me in a way that was truly irresistible. And all of this was merely an attempt to transcend this dimension, to look at everything from a spiritual perspective – for now, with external «advisors,» but a first step toward understanding. This quest also extended to the physical body, lifestyle, and even nutrition. For example, I went through

a vegetarian phase in 3D when I was still working in an office (with the accompanying toxic relationships at work), riding public transportation every day, stuck in traffic jams, and generally feeling stressed and tense almost constantly. I managed to hold out for about a year with tremendous willpower, while constantly craving meat and other «heavy» foods. Then everything went back to normal; I realized that vegetarianism simply wasn't suitable for my lifestyle and the state I was in at the time.

So, I will list the main characteristics of this dimension.

# **Time cannot be controlled**

It's either against us or always moving forward, impossible to grasp, we only age and die; there are no other options. Reaching your cherished dream is unrealistic; it's always ahead, and you're left with a feeling of mild or severe dissatisfaction in the present. Here, the Mind is usually either in the past or the future, but not in the present moment. That's why surrogates are so «good» and popular (smoking, hookah, alcohol, etc.), which allow you to feel the power of the moment and being in it, even if only for a second, to relax the Mind, to slow down.

# **Life within the programs**

3D is ordinary life within the framework of externally imposed programs. There are many of them, but everyone is familiar with the main ones: programs of survival, comparison, seeking love from the outside, saving, sacrifice, haste, and so on. I write about them in more detail in my books, analyzing each one from the perspective of limiting beliefs and their impact on all of our subtle bodies. Programs are persistent constructs, thought forms, that are downloaded into our lives over years (and sometimes centuries), dominating every aspect of our personality, even our psychological type and physiological characteristics, right down to the release of hormones (from adrenaline to endorphins).

We'll have to work closely with them in the next dimensions, as in 3D reality they're usually unacknowledged, simply existing in the background as a habitual way of thinking and living («it's impossible to even imagine differently»). We're deeply under their influence and most often don't realize it. Everyone's running – and so are we. Higher, stronger, faster. Successful success and many other attitudes linger in our heads.

# **It's always a lot of mental noise**

Communication, people, parties, crowds, companies, connections, bustle, and a very active social life within the participant (depending on the program that dominates the mind). There's no time left for alone time, but that's a good thing, because being alone is scary, confusing, sad, and lonely. We don't yet know ourselves, so we stubbornly run from ourselves to the external – news, concepts, communication, goals. Life is spent on YouTube, TV series, discussing what's happening somewhere else, even on our phones while eating. Plus, there's the simultaneous multitasking, where you do a hundred and fifty things out of anxiety and fear of not getting it done. A typical lifestyle, like when we race through our lists before the holidays and then spend another half a month recovering from this «celebration.» And if you're also an introvert, this lifestyle is doubly difficult when, after any feast, party, or company, you feel the pressure in your head rise, and you need to spend a whole week recovering in bed.

There's always so much mental noise – news, television, events, radio, rumors, gossip, newspapers, opinions, and so on. All of this surrounds our lives like a prickly blanket we can't remove, because we think we'll freeze without it, and life will lose its meaning.

# **Rituals and traditions**

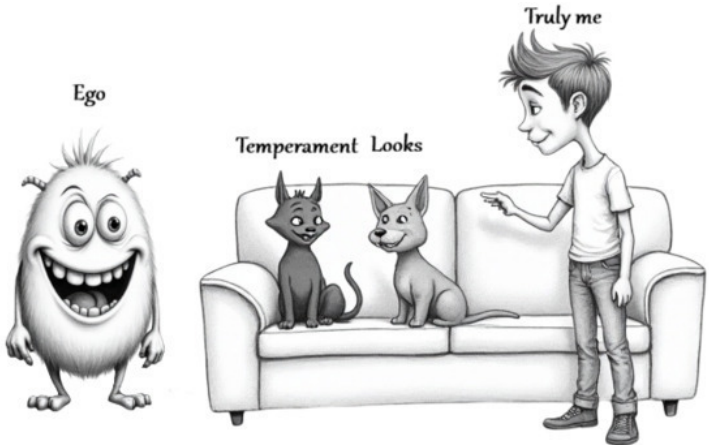
Again, to stay within the familiar and not stray beyond it, this means constantly following outwardly accepted norms, traditions, rituals, and approaches, just like everyone else. Public holidays, feasts, alcohol, lots of food. It's precisely this and nothing else. It's not always easy to explain why it's accepted this way, but one simply wants to remain within a clear picture of the world order and not stray beyond it. The familiar picture is «sewn» into the deep layers of consciousness and the subconscious at a neural level, when, for example, ritualized viewing of films or speeches/news on television provides a sense of security.

# Masks and roles

We are and identify ourselves as someone depending on the program we're in – student, pensioner, executive, mother, wealthy, investor, politician, honest citizen, and so on. We wear these masks and never take them off because we don't know who's behind them, or we're afraid to look. We can change masks depending on our desires and aspirations, for example, from student to executive to successful businessman. For a very long time, I was haunted by the masks of «athlete, straight and simply beautiful,» then effective manager, entrepreneur, and so on, until all these masks crumbled into oblivion, and I found myself at the bottom of yet another series of exams and transitions.

# Life within the Ego

In short, Ego is our «picture of ourselves». What we think about ourselves: «Am I worthy or unworthy, good or bad, better than everyone else or worse...» – what we want for ourselves and constantly ponder: «I urgently need that exact phone to be happy and to win the lottery, I lack love, I want recognition...» It doesn't matter whether this is true or false; it's simply «our mind's interpretation of ourselves.» More often than not, it's distorted by numerous layers and bears little resemblance to the truth.



It's the Ego and Mind that pull us away from a state of peace and joy. They prevent us from experiencing the here and now. Since both the Ego and the Mind «scream» so loudly, they constantly wind us up, leading us either to the future or the past. It's at this level that most programs are entrenched. What our Ego wants is always something we desperately need, and without it, it seems to us, life has no meaning. A painful or obsessive idea that will drain you of all your energy just to achieve it. You can conduct a thought experiment and imagine internally what will happen if you don't achieve what you want. If you experience terrible suffering akin to panic and discontent, little child, most likely it is the voice of the Ego:

– I want a new iPhone (insert any other thing here), I can't live without it...

– I urgently need to go to the Maldives, to America, to the Market, to escape from reality and forget myself...

– If you like that guy or that career peak, you have to achieve it, no matter what...

Ego desires



I want a dress better than Katya's

I want the coolest sound system in my car so  
everyone envies me

I want everyone to praise me

I want 1 million followers

I want to meet a prince in a white Mercedes  
who will carry me in his arms

## **In 3D we set external goals for ourselves**

We run after them, chasing after them, trying to catch up, because all our programs are geared toward making them over-important and we need to hurry. These external goals are clear, recognized, and accepted – career, status, money, stability, a mortgage, and so on.

But such a life demands great stress during the rush and bustle, so to experience at least some pleasure, relaxation, and joy of the Soul (although at this level we practically don't hear the Soul), we resort to all the standard pleasure substitutes – alcohol, smoking, crowds, fun, amusement rides, spas – to somehow recover from the strain. Overall, we feel like everyone else, usually a little tired, but also as if under anesthesia, able to endure for a little while (this is a permanent state of stress and tension). For example, when I used to spend the entire day on public transportation, it was still bearable, and running back and forth all day long, since the transition, life's tests, and the cleansing of many levels and layers, I've begun to feel myself and my body much better, perceive everything more vividly, and avoid such «tests» during rush hours.

## **This is life within the framework of egregors**

The state or civil service, school, marriage, religion, the banking system, shopping malls, television – any system that immerses you in its warm embrace, providing security and confidence on the one hand, but drains resources and energy on the other. But within the confines of egregors, it seems safer as long as you're stuck in that little house. Today they tell you to run, so run, but tomorrow the concept changes, meaning there'll be a new set of instructions. Besides a sense of stability and security, an egregor can also provide significant benefits in the form of pride, a sense of power, and any hooks that hook Souls, tying them into various contracts. Even in terms of routine, your lifestyle can resemble the schedule of one egregor after another: school, movie theater, shopping mall, store, hospital, and so on. Spending weekends «from start to finish» in large public centers is an option.

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