The Fifth Dimension
~ Sharon Stewart

All dimensions, the third we were in, the fourth we are in now and the fifth dimension, are separated because they are of differing frequencies. Everything is energy, energy vibrates, and it has a frequency that it vibrates at. The fifth dimension is a frequency that is much higher than the third and fourth dimensions. To be able to "go to 5D" you have to hold a vibrational frequency that resonates with the fifth dimensional frequency. In order to do this you have to eliminate negativitiy within yourself.

People who are trying to escape to 5D because it's a better place than this, sorry. You have to be able to hold that frequency so you have to do work on yourself. If you're in pain, the pain has to be eliminated. I'm sorry to have to tell you this but 5D is a loving frequency and if you feel anything less than loving 24/7 you are still in 4D. That's what ascension is about: changing your faults so you can vibrate higher and go to higher dimensions.