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The following chart is based on an independent interpretation of works by Rudolph Steiner

NATURAL ENERGETIC FLOW			
DIM.	ELEMENT	QUALITIES	CONSEQUENCE
5	5TH DIMENSIONS +	PURE CELESTIAL ENERGY	IN THE DIRECT PRESENCE OF GOD
4	CAUSAL	BRIDGE TO 5TH DIMENSION	MASTERY OF LOWER FREQUENCIES
4	ETHERIC	INSTANT MANIFESTION OF THOUGHT	MAGIC AND LIGHT, SENSATIONALISM
4	MENTAL	ENERGY TO CREATIE N PHYSICAL REALM	PSYCHIC ACCESS TO INFORMATION
4	UPPER ASTRAL	OUT OF BODY, SOULS REVIEW LIVES	CHANCE TO WORK UNFINISHED BIZ
4	MIDDLE ASTRAL	DREAMING, LUCID DREAMING	DREAMS FLOW TO WAKING LIFE AND VICE VERSA
4	LOWER ASTRAL	DENSE THOUGHTS/HELL	AS ABOVE SO BELOW
JACOB'S LADDER			
3	SOUL	LIFE FORCE	CONSCIOUSNESS
3	FIRE	PLASMA	BURNING
3	AIR	GAS	VAPOR
3	WATER	LIQUID	FLUID
3	EARTH	SOLID	MATERIAL
PHYSICAL REALM: LIMITED WITH TIMELINE, THE ONLY DIRECTION IS PAST TO FUTURE MOVES FREELY IN SPACE, LIKE GOING FROM HOME TO A FRIEND'S HOUSE			
SPIRITUAL REALM: 1) UNLIMITED TIMELINE ACCESS, ABLE TO ACCESS PAST, PRESENT AND/OR FUTURE TIMELINES, 2) LIMITED IN SPACE, THERE'S NO NEED FOR SPACE BECAUSE THERE IS NO PHYSICAL BODY			