

Explorations... Overview

The following material is presented for you to learn about concepts and ideas to which you may or may not have had exposure. We have interspersed clips relative to the topic being presented to further augment your understanding. Some of this material is a distillation or excerpt from a complete film compilation which is available for donation in the Store section of our website. We highly recommend if you find one of the topic presentations intriguing, that you order the corresponding DVD set to get the full depth of understanding contextually. We have found that when viewing the DVDs, vibrations and energies being transmitted at the time of filming are experienced by the viewer.

The team at FGH is grateful to have met, studied with, and documented people of traditional wisdom as well as contemporary pioneers in the investigation of what it means to be human—who we are, why we're here, where we're heading. We have learned fascinating things, individually on our own personal journeys and collectively in this Foundation with the ultimate goal of approaching the evolution of our human family and planet with grace, compassion and love. Remembering that we are all one, connected, and part of something much greater than the surface level of our experiences here on this magnificent planet is what we are dedicated to understand and help others to embrace. In doing so, we want to say that any and all of the material provided herein, is included because we feel that there is validity and truth in this information as a body of work. However, please recognize that although WE feel this way, we hope that each of you will use your own mechanism to discern the truth and validity for YOU. We invite you to approach this material with an open heart and mind. It will help you to suspend judgment and provide an opportunity to be open to something that challenges your current beliefs thus broadening your perspective of how you see yourself and others. We truly hope that relationships with yourselves, others and all there is, deepens and becomes richer by what you learn and experience here and throughout our entire website.

Explorations... Topics

HUMAN EVOLUTIONARY CONSCIOUSNESS by Patricia Fields, PsyD

- **Background On What It Means To Be Human—The Landscape**
 - Basic Orienting Information*
 - Universe, Earth and Galaxy Basics: Spirally Interconnected*
 - Identities—When Was the Last Time You Phoned Home?*
 - The Ins' and Outs' and Sometimes the Inside of the Ins—Very Basic and Sometimes Pleasant and Not So Pleasant Information About Your Ticket to Earth*
 - Pat's Story—How She Came to Know What She Knows*
- **Basic Concepts and Vocabulary**
 - Beyond the Chakras: Advanced Energetic Structures*
 - Axes: Central Axis and Axis of Existence
 - Dimensions

Dimensional Grids

Worlds/Realms

12 Chakras—12 Dimensional Connections

Magnetic Grids

Ley Lines, Leyr Lines and Muyr Lines: Cultural Preservation and the Spiritual Nourishment of the Earth

Core Star: Your Universal Autobiography

Other Important Concepts

Higher Self

Oversoul

Inner Planes/Outer Planes

Nonduality, Nondual Resolution, Nondual Way

Quantum Resolution

Soul, Spirit and Spiritual Lineage

Useful Extra Features in the Human Energy Field

Invoking Spiritual Law

Oversoul Override

Undo/Re-Do

- **Transdimensional Levels**

Introduction

Transdimensional Level 1

Transdimensional Level 2

Transdimensional Level 3

Transdimensional Level 4

Transdimensional Level 5

Transdimensional Level 6

Transdimensional Level 7

Transdimensional Level 8

Transdimensional Level 9

Transdimensional Level 10

Transdimensional Level 11

Transdimensional Level 12

- **Cosmic (Master) Archetypes** The Basic Building Blocks of the Universe [Coming Soon]

What Are They

Dimensions

Space

Matter

Light

Energy

Sound

Pulse

Rhythm

Movement

Sacred Geometry
Spiritual Law
Gravity
Harmonics

- **Healing Constructs** Models of Healing for Energy Healers [Coming Soon]
Your Own Model of Self
Electromagnetic
Magnetic
Worlds
Using the Master Archetypes
Nondual
Quantum

ON BEING HUMAN, written by Judith Sworta, edited by the FGH staff
[Breakdown of sections to come]