M. K. Ettington Books

Learn about a New Book Month, Chosen because it provides a Unique Point on Unusual Subjects

May 2026

May Book Spotlight Two:

Dimensional Visualization-17 Minutes

A Guided Consciousness Expansion Experience (30 Minutes)

Dimensional Visualization is a deeply immersive guided meditation designed to expand awareness beyond ordinary perception and gently explore the idea of layered realities, parallel dimensions, and the multiverse — all while remaining calm, grounded, and fully present.

Drawing inspiration from the course

Beyond the Veil: Exploring Alternative Dimensions and the Multiverse, this 30-minute experience guides you through a carefully structured progression of relaxation, awareness expansion, dimensional perception, and safe integration.

This is not a visualization meant to force images or induce altered states abruptly. Instead, it is a refined, consciousness-based practice that allows insight, imagery, and perception to arise naturally — at your own pace.

What You'll Experience

• Deep physical and mental relaxation
• Expanded awareness beyond habitual thought patterns
• Gentle dimensional and multiversal visualization
• A calm, grounded return with integrated clarity
• A sense of inner spaciousness and heightened perception

Who This Audio Is For

This meditation is ideal for explorers of consciousness, seekers interested in alternative dimensions, multiverse theory, portals, and expanded perception, and anyone looking to deepen their inner awareness without risk or strain.

No prior meditation experience is required.

How to Use

Listen seated or lying down, preferably with headphones, in a quiet environment.

Best used before sleep, during reflective practice, or as part of a regular consciousness-expansion routine.

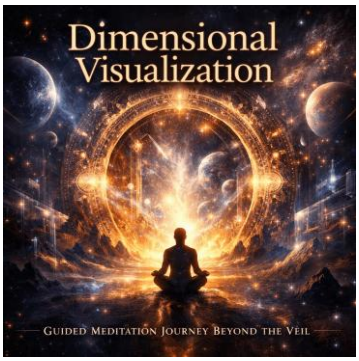
Structure

• Professionally written, recording-ready script
• Four seamless parts forming a complete 30-minute journey
• Calm, grounded, and safe throughout
• Suitable for repeated listening

Key Benefits

✔ Enhances intuitive perception
✔ Encourages expanded awareness without overwhelm
✔ Supports calm focus and inner exploration
✔ Integrates higher awareness into daily life

This audio serves as both a stand-alone experience and a powerful companion to deeper study of dimensional and multiversal concepts.



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May 2026

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